



# AGAWAM

## Advertiser-News

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# 65¢

"Your Hometown Newspaper"

Volume XXII Number 49

December 9, 1999

## Junior Women Host "Breakfast With Santa"...



"WHAT DO YOU WANT FOR CHRISTMAS?": Santa Claus poses with baby Alexis McElligott and Brandon McElligott at the pancake and sausage breakfast at the Agawam Middle School. Advertiser News photo by Kathy Shepard.



ON SUNDAY, DECEMBER 5TH, the Agawam Junior Women's Club sponsored a "Breakfast With Santa" at the Agawam Middle School. Pictured from left to right: Bill Choinski, Carla Reed, Katie O'Connell, and Natalia Clifton (a member of the Junior Women's Club). (See related photos on Page 6.) Advertiser News photo by Kathy Shepard.

## Gazebo Donated



THE CITY OF AGAWAM, Mayor's Office for Community Affairs, has donated a 12-foot, octagonal gazebo for Feeding Hills Center. From left to right: Mayor Christopher Johnson, Joann McGeoghan (Mayor's Office for Community Affairs), Rick Bellico (Beautification Committee), Marilyn Curry (Historical Committee), and Jim Loomis (Agawam Rotary). Advertiser News photo by Kathy Shepard.

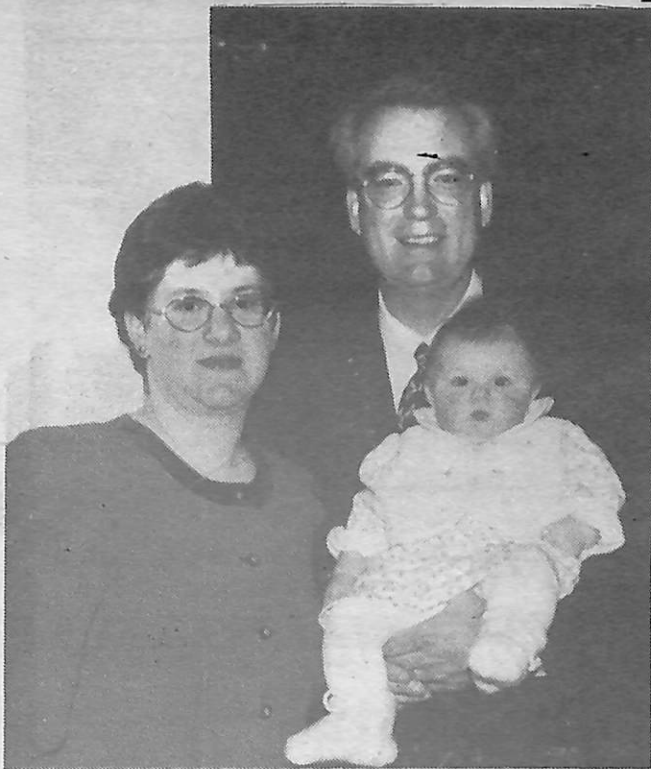
## Community Reception For Johnson



A COMMUNITY THANK YOU RECEPTION was held for Mayor Christopher Johnson at The Oaks Banquet House on Saturday, November 20th. From left to right: Todd Lucas, Bob Johnson, Sr., Beverly Johnson, Marilyn Johnson, Anna Johnson, Gabriella Spear, Christopher Johnson, Emily Johnson, Bob Johnson, Jr., Lisa Johnson, Joann Spear, and Gary Spear. Advertiser News photo by Kathy Shepard. (See additional photos on Pages 2 and 4). Advertiser News photo by Kathy Shepard.)



## Johnson's Reception At The Oaks Banquet House...



IN LEFT PHOTO: Mayor Christopher Johnson with his wife, Anna, and their baby daughter, Emily. IN RIGHT PHOTO: Johnson with supporters Cecilia & Michael Calabrese at the November 20th community reception held in his honor. Advertiser News photos by Kathy Shepard.

## Melconian Announces Passage Of Law Raising Level Of Homestead Protection

Senate Majority Leader Linda J. Melconian (D-Springfield) is pleased to announce the passage in the House and Senate of legislation raising the level of homestead protection for all homeowners from \$100,000 to \$300,000.

Homestead protection guards an individual's home against seizure by creditors, heirs, or those who win a court judgment.

"I urge everyone to get homestead protection," said Melconian. "For a nominal filing fee, every homeowner is now protected against the seizure of his or her home for up to \$300,000."

Homestead protection was first updated in 1970 and was last increased to its prior level of \$100,000 in 1985. It provides significant protection for a homeowner and his or her family in a variety of circumstances, including personal injury lawsuits or personal debts unrelated to the property.

The protection is available to all homeowners who file a declaration of homestead with their county Registry of Deeds and pay a \$10 filing fee. All individuals who currently have homestead protection will automatically have their benefit level raised from \$100,000 to \$300,000. The protection

does not guard against seizure due to overdue tax payments, debt accrued before the purchase of the home, late mortgage payments, or court ordered child support or alimony.

"Homeowners should not lose their homes because of a lawsuit or because they were unaware of a past debt on their property," said Melconian. "I'm glad the two branches of the legislature have worked together to improve this very meaningful protection."

The bill now goes to the governor for his signature.

# SCOTT M. HIBBERT

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Through December 31st



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With These Festive Specials!!!**



## DECEMBER BEER SPECIALS

<b>Bud &amp; Bud Light</b> 16-Oz. Btls. <b>\$15.99</b> (P.D.)	<b>Coors &amp; Coors Light</b> 30-Pk. Cans <b>\$16.99</b> (P.D.)	<b>Heineken</b> (Holland) Case - 24 Loose Btls. <b>\$19.99</b> (P.D.)	<b>Amstel Light</b> (Holland) Case - 24 Loose Btls. <b>\$19.99</b> (P.D.)	<b>Sam Adams</b> (U.S.A.) 12-Pk. Btls. <b>\$9.99</b> (P.D.)
<b>Bass</b> (England) 12-Pk. Btls. <b>\$11.99</b> (P.D.)	<b>New Castel</b> (England) 12-Pk. Btls. <b>\$11.99</b> (P.D.)	<b>Molsen</b> (Canadian) 12-Pk. Btls. <b>\$7.99</b> (P.D.)	<b>Corona &amp; Corona Light</b> (Mexico) 12-Pk. Btls. <b>\$9.99</b> (P.D.)	<b>Grolsh</b> (Holland) 12-Pk. Btls. <b>\$9.99</b> (P.D.)

## DECEMBER LIQUOR SPECIALS

<b>Crown Royal</b> (750 ml.) <b>\$16.99</b>	<b>Romano Sambuca</b> (750 ml.) <b>\$14.99</b>	<b>Tia Maria</b> (750 ml.) <b>\$15.99</b>	<b>Bailey's</b> (750 ml.) <b>\$15.99</b>	<b>Grand Marnier</b> (750 ml.) <b>\$25.99</b>	<b>Drambuie</b> (750 ml.) <b>\$18.99</b>
<b>Absolut Vodka</b> (1.75 Ltr.) <b>\$23.99</b>	<b>Crown Royal</b> (1.75 Ltr.) <b>\$33.99</b>	<b>Canadian Mist</b> (1.75 Ltr.) Less \$3.00 Rebate <b>\$9.99</b>	<b>Canadian Club</b> (1.75 Ltr.) <b>\$16.99</b>	<b>Chivas Regal Scotch</b> (750 ml.) <b>\$22.99</b>	<b>Glenlivet Single Malt</b> (750 ml.) <b>\$23.99</b>

## DECEMBER WINE SPECIALS

### Vendange

Chardonnay, Cabernet, Merlot (1.5 Ltr.) ..... **\$6.99**  
White Zinfandel (Ltr.) ..... **\$4.99**

### Dunnewood Vineyards (1.5 Ltr.)

Cabernet, Chardonnay ..... **\$10.99**

### Gallo Wine Cellars (1.5 Ltr.)

Chardonnay, Cabernet, Merlot ..... **\$6.99**

### Almandin (5 Ltr. Box)

Chardonnay, Cabernet, Merlot ..... **\$10.99**  
White Zinfandel, Mt. Red Burgundy, White Grenache,  
Mt. Chablis, Mt. Rhine, Golden Chablis, Blush,  
Alfresco Red ..... **\$7.99**

### Martini & Rossi Asti Spumante

(750 ml.) ..... **\$8.49**

### Sutter Home White Zinfandel

(750 ml.) ..... **\$3.99**

### Andre Champagne (750 ml.)

Extra Dry, Brut, Cold Duck, And Pink ..... **3/\$9.99**

### Ballatore Spumante

(750 ml.) ..... **2/\$9.99**

### “Christmas Wine Tasting”

Sunday, December 19th  
12:00 Noon To 6:00 P.M.  
At Mrs. Phipps, 420 Union St., Westfield

**Phipps Discount Liquors**  
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# Supporters Say "Thanks" To Mayor Johnson...



IN LEFT PHOTO: Jeannie Gallerani Clouse and Jane Gallerani ("The Twins") were among the many supporters who turned out for Mayor Christopher Johnson's reception at The Oaks Banquet House. IN RIGHT PHOTO: Ron Rinaolo, Sandy Szlachetka, Frank Basile, Christopher Johnson, Joann McGeoghan, Missy Armitage, and Michael Armitage. Advertiser News photos by Kathy Shepard.



## Letters To The Editor

### Here Is A Challenge To All Agawam Students And Parents

#### To The Editor:

Put yourself in the place of our new Mayor taking over office in January. Would you want to have that job? Do you feel you could do a good job as Mayor? What would you suggest to Mr. Cohen as he enters into this office for the first time?

Our goal is to involve every student and parent in Agawam in this transition. We propose that students of all ages turn off the TV, ask their parents to sit down with them, even if they have to make an appointment. We ask that you spend some QUALITY TIME together and discuss ideas that Mr. Cohen could use to improve/streamline our school system.

Please, parents, listen to what your kids have to say. Or do you have a problem with that? This is what this is all about - communication. Communication between parents and students, students and teachers, parents and City Hall, students and the general public.

We urge you all to open the doors of communication. These questions/comments should be addressed by all, students, parents, and every other dedicated citizen who would like to have his or her voice heard. All correspondence will be treated equally. You need not sign, but age/grade information would be helpful.

Ask questions, such as:

Do you feel our school system is working to the benefit of all students? Is too much emphasis placed on college potential? Are there enough Co-Op programs in Agawam's school system? Could you define a Co-Op program? At what school grade do you feel a Co-Op program should be made available? Can you think of any vocations in our area that could be adapted to a Co-Op program?

Do you feel there are enough mentor programs in the area? What do you feel a mentor program should accomplish? What would you do to improve mentor programs? Have you ever had a mentor? If so, tell us about your experience. Is the program still active? Have you ever wished you had a mentor? Would you be willing to be a mentor? Would you be receptive to a mentor if one was made available to you? What are your thoughts about combining a Co-Op program with a mentor program?

#### AND NOW A CONTEST FOR ALL STUDENTS AND TEACHERS!

This will be something for all of you computer experts IN ALL GRADES to work on over the holidays. We are developing a web site for the town/school system and would appreciate input from every classroom in Agawam.

We are suggesting that a group of interested people from each class that wishes to participate, meet, and spend time developing a web site for their particular class.

This contest will end sometime in January. This is designed to be a fun thing with no pressure, just some good COMMUNICATION. Use your

heads! More on this next week.

Please send your input/ideas/answers to: ABCs, c/o Charles Granger, 19 Orlando Street, Feeding Hills, MA 01030.

### "Thanks" To Lynn Daniels For Making Auction A Success

#### To The Editor:

"Thanks" isn't enough for Lynn Daniels and all her efforts to make the recent Agawam Middle School auction a huge success.

If it wasn't for her hours upon hours of soliciting businesses for donations, mailing out letters, collecting all the items (much of the credit here must go to her husband, Scott), and organizing the auction, we never would have been able to raise almost \$7,000!

Lynn is a true asset to the Agawam Middle School and I, for one, truly appreciate everything she is trying to do for our children so that they have a better education. You are one in a million, Lynn.

On behalf of all the students and parents at the Middle School, again, I say, "Thanks!"

Denise Moffatt

Agawam Middle School PTO President

### Thank You For Helping With Holiday Tree Lighting In Town

#### To The Editor:

I would like to thank all the people who helped with this year's Holiday Tree Lighting sponsored by the Agawam Recreation Committee and Agawam Cultural Council.

Our Honorary Tree Lighter was City Council

President Don Rheault. Don was selected for his many years of dedicated service to the Town of Agawam.

I would also like to thank Glen Gary Tree Farm on Shoemaker Lane for their donation of the tree. I would also like to thank Tom Tierney for getting the lights donated by CVS on Suffield Street and Walgreen's.

I would also like to thank Senator Linda Melconian, School Committee member Rosemary Sandlin, City Councilor Robert Young, and John Patrick for their contributions to the event. A great big thank you to The Great Pretenders for the music. They were great!!!

The event went very well and we had over 100 people in attendance. Hope to see you next year. It will be bigger and better!

Karla Young

Coordinator, Holiday Tree Lighting

### Keenan Thanked For Dealing With County Pension Liability

#### To The Editor:

Our organization, Agawam Retired Employees, wants to thank our State Representative, Daniel Keenan, for his effort to transfer our County's unfunded pension liability from the Hampden County Retirement System to the State's.

We appreciate his ability to draft the budget of our County to correct a financial injustice to the 35 towns and Agawam in Hampden County.

It is a great victory to the retirees of Hampden County. We appreciate Representative Keenan's efforts and we are very proud to have him as our elected State Representative.

Rudy Altobelli  
President, A.R.E.

\* \* \* \* \*

*Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, ads, etc., that can be brought in on Mondays. Thank you...*

\* \* \* \* \*



## The Agawam Advertiser•News

786-7747

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786-8137

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Kathy Cassanelli .....	News Editor
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Peggy Shoemaker .....	Feature Writer
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## Veterans' Corner...

by Ruth C. Bitzas  
Veterans' Agent — 786-0400, Ext. 236/237

### New Legislation Allows Annuity To Gold Star Wives

The state legislators enacted legislation and Governor Cellucci signed into law a provision that provides eligibility to un-remarried wives (spouses) of veterans who expired of a service-connected disability. This is an annual annuity of \$1,500.

Widows whose veteran husband expired of a service-connected condition may apply. We have the necessary forms here in our office. You will need a current VA award letter or copy of Commissary I.D. card.

It is estimated that it may take approximately 60 days to process your application. Applications and payments will be generated from the State Department of Veterans' Services, Boston, MA.

This annuity is paid biannually on August 1st and February 1st at the rate of \$750. Widows residing in the Western Hampden District (Agawam, Southwick, Granville, or Tolland) may contact our office for assistance. All others must contact the veterans' agent serving their city or town; if in doubt, contact your town clerk for the name of your veterans' agent.

This is an annual benefit; once you apply, your annuity check will be sent automatically. A similar annuity was passed last year for Gold Star Parents and 100-percent, service-connected veterans.

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This week, we are publishing the list of World War II veterans whose last names begin with the letters "P" and "Q" and whose Home of Record is Agawam. These names will be included on our Honor Roll when it is erected on Veterans' Green.

#### WWII HONOR ROLL - "P" & "Q"

PANETTI, ALBERT J.  
PARKER, CLARENCE W.  
PARO, GEORGE E.  
PARO, EMILE L.

PARO, ERNEST I., JR.  
PASQUALE, ARMOND C.  
PASZKOWSKI, EDWARD T.  
PAULSON, LEONARD D.  
PENNA, ALFRED R.  
PERUSSE, HENRY H.  
PETERSON, CARL B.  
PETERSON, WILLIAM M.  
PETRUZZELLO, FRANK  
PETRUZZELLO, GAETANO  
PICKETT, ROBERT W.  
PINDER, EVERETT F.  
PISANO, ANTHONY  
PISANO, FELIX  
PISANO, JOSEPH L.  
PLACIDO, EMILIO A.  
PLATT, NEWELL J.  
POGGI, FELIX  
POHNER, WILLIAM  
POND, KENNETH M.  
POND, EVERETT H.  
PORTER, CHARLES W.  
POWERS, ERNEST, JR.  
POWERS, NEIL  
PRENTISS, GEORGE E.  
PROCTOR, RALPH E.  
PROVO, SAMUEL  
PROVOST, ARTHUR N.  
PROVOST, JOHN J.  
PROVOST, EARLE E.  
PRUCZINSKI, FREDERICK R.  
PUGH, DANIEL R.  
PUGH, JOHN S.  
QUACKENBUSH, FREDERICK H.  
QUACKENBUSH, ROBERT H.  
QUACKENBUSH, WILLIAM C.  
QUERY, EUGENE J.  
QUIRK, JOHN W.

## Keenan Announces Passage Of Fiscal Year (2000) Budget

State Representative Daniel F. Keenan is pleased to announce the recent passage of the Fiscal Year 2000 (FY2000) budget by the state legislature. After three months of negotiations, a settlement was reached on the major issues separating the House of Representatives and the State Senate.

"This has been a very difficult year. The completion of the budget brought more of a sense of relief than the usual sense of celebration, but I am satisfied that what we have presented is a fiscally sound budget to the people of Massachusetts," said Keenan.

Highlights of the budget included:

- An additional \$245 million to fund the Education Reform Act.
- A reduction of the current income tax from 5.95 percent to 5.75 percent by the year 2002.
- The development of a Circuit Breaker Tax Credit for low and moderate income seniors that gives them up to a \$750 tax credit if their property tax exceeds 10 percent of their annual income.
- The authorization of \$54.4 million to finance school construction projects.
- An enhancement of the Senior Pharmacy Program to expand eligibility and benefits for prescription drug coverage.
- A plan requiring the Massachusetts Bay Transportation Authority (MBTA) to operate within annually appropriated budgets like any other state agency.
- And a compromise in the Tobacco Settlement Trust Fund, where only the interest of the principle would be spent. With 70 percent of the settlement money being saved in the trust which will serve to assure the healthcare of future generations. The remaining 30 percent will be spent on one-time health care expansions and educational programs.

Rep. Keenan remarked, "We did not want to follow the predictable pattern of new and heavy spending initiatives when certain basic and fundamental obligations and opportunities were neglected or ignored. I am hopeful that we have achieved a balance that inspires confidence in the future of the Commonwealth."

For photo coverage in The AAN, call us at 786-7747 or 786-8137; however, please give us at least 72 hours' notice...

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## A Time for Family, Friends... and Neighbors

The holidays are the perfect time to say "thank you" to you, our friends and neighbors in Agawam and Feeding Hills. We at the Canary Blomstrom Insurance Agency extend our warmest wishes for a joyous holiday season and a prosperous Year 2000!



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# “Breakfast With Santa” At Agawam Middle School...



THE HOLIDAYS ARE UPON US, and the Agawam Junior Women’s Club provided a bit of yuletide cheer by sponsoring a “Breakfast With Santa” on Sunday, December 5th, at the Agawam Middle School. IN LEFT PHOTO: Laura Lapierre and Ann Woodard at the ticket and ornament table. IN RIGHT PHOTO: Adam Ober with his mom, Brenda Ober, and Emily Fish with her mom, Jane Fish, at the “Breakfast With Santa.” Advertiser News photos by Kathy Shepard.



IN LEFT PHOTO: The Ghedi family enjoyed themselves at the “Breakfast With Santa” — Mia, Sue, Andy, Brian, and Tiara. IN RIGHT PHOTO: Members of the Junior Women’s Club helping in the Middle School kitchen — Terri Luvera, Stephanie Bertagnolli, Ann Woodard, Cindy Sanford-Taylor, Elsie Mallory, and Sue Godfrey. Advertiser News photos by Kathy Shepard.

LEGAL NOTICE

LEGAL NOTICE

LEGAL NOTICE

LEGAL NOTICE

LEGAL NOTICE

LEGAL NOTICE

TOWN OF AGAWAM  
BOARD OF APPEALS

Notice is hereby given that the Board of Appeals will conduct a public hearing at the Agawam Middle School Cafeteria, 68 Main St., Agawam, MA on THURSDAY, DECEMBER 16, 1999 at: 6:30 P.M., for all parties interested in the petition of BENJAMIN DELISO, who is seeking a Special Permit in accordance with Sections 180-69 & 180-71 of the Zoning Ordinances, which would allow for the construction of a single family dwelling found to lie within the floodplain at the premises identified as: 955 RIVER ROAD.

Doreen Prouty  
Acting Chairperson

Published: December 9, 1999

TOWN OF AGAWAM  
AGAWAM PLANNING BOARD

The Agawam Planning Board will hold a public hearing on Thursday, December 16, 1999 at 7:00 PM in the Faolin Peirce Community Room, Agawam Police Station, 681 Springfield Street, Feeding Hills, MA. The purpose of this hearing will be to hear the petition of Fether, Inc. for a Definitive Subdivision Plan of Willow Glenn Estates II, a proposed forty-eight (48) lot subdivision to be located at the end of Lancaster Drive to Line Street.

Per order of Charles R. Calabrese, Chairman  
AGAWAM PLANNING BOARD

Published: December 9, 1999

TOWN OF AGAWAM  
BOARD OF APPEALS

Notice is hereby given that the Board of Appeals will conduct a public hearing at the Agawam Middle School Cafeteria, 68 Main St., Agawam, MA on THURSDAY, DECEMBER 16, 1999 at: 6:45 P.M., for all parties interested in the petition of BENJAMIN DELISO, who is seeking a Special Permit in accordance with Sections 180-69 & 180-71 of the Zoning Ordinances, which would allow for the construction of a single family dwelling found to lie within the floodplain at the premises identified as: 965 RIVER ROAD.

Doreen Prouty  
Acting Chairperson

Published: December 9, 1999

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## — Agawam Obituaries —

### Richard P. Stepanik

Richard P. Stepanik, 70, of 85 Twin Oaks Road, Feeding Hills, died recently at home.

He owned and operated Richard Stepanik and Sons Farms.

Born in Feeding Hills, he had lived here all of his life.

He was an Army veteran of the Korean War and was awarded the Purple Heart.

He was an honorary member of the Polish-American Club of Feeding Hills.

He leaves his wife, the former Alice Jasiewicz; two sons, Richard and William, both of Feeding Hills; a daughter, Joan Scanlon of Woodstock, CT; two brothers, Henry of Colorado and Edward of Feeding Hills; three sisters, Jane Kobylinski of Chelmsford, Loretta Dawson of Springfield, and Rose Osolinski of Ludlow; and three grandchildren.

The funeral was held at the Agawam Curran-Jones Funeral Home, with burial in Springfield Street Cemetery.

Memorial contributions may be made to the Visiting Nurse Association and Hospice of Western New England, 50 Maple Street, P.O. Box 9058, Springfield, MA 01004-9058.

### Mary Wilson

Mary (Wisniewski) Wilson, 84, of Clearwater, Florida, died recently at Mease Countryside Hospital in Clearwater.

She was an 18-year nurse in the Agawam public schools and retired in 1980.

Born in South Deerfield, she was a 50-year resident of Agawam before moving to Clearwater a year ago.

She was a 1937 graduate of the Springfield Hospital School of Nursing, a former communicant of St. John the Evangelist Church, a member of the parish's Over-60 Club, and a former member of the Senior Citizens.

Her husband, Richard T. Wilson, died in 1984.

She leaves two sons, Richard E. of Dunedin, Florida, and Stuart D. of Mechanicsville, Virginia; two daughters, Judith Bilodeau of Frankfurt, New York, and Mary Treusch of Simsbury, Connecticut; a brother, Anthony Wisniewski of Hatfield; four sisters, Helen Donnis of Chester, Vermont, Stella

Yazwinski of Deerfield, Jean King of Seattle, and Anne Walker of St. Petersburg, Florida; nine grandchildren; and a great-grandson.

The funeral was held at the Colonial-Forastiere Funeral Home and the church, both in Agawam, with burial in St. Stanislaus Cemetery, South Deerfield.

Memorial contributions may be made to the Senior Center, Meadowbrook Manor, Agawam, MA 01001.

### Pietro A. Bellini

Pietro A. "Peter" Bellini, 85, of 24G Castle Hill Road, died recently at Mercy Hospital in Springfield.

He was a mail handler for the U.S. Postal Service and worked previously for Whitley Tailors for many years.

Born in West Springfield, he was a long-time Springfield resident before moving to Agawam in 1995.

A World War II Army veteran of the Pacific Theater, he served in the Philippine Islands and Japan.

He was a communicant of Our Lady of Mount Carmel Church in Springfield.

He leaves his wife of 60 years, the former Enes Framarin; two sons, Richard P. of Watertown, New York, and Peter C. of South Hadley; a brother, Neno of Agawam; and two grandchildren.

The funeral was held at Tazzini Funeral Home and the church, with burial in St. Michael's Cemetery, all in Springfield.

Memorial contributions may be made to the church renovation fund or the school endowment fund at 123 William Street, Springfield, MA 01105.

### Rosanne M. Connor

Rosanne M. (Pietras) Connor, 56, of Feeding Hills, died recently at home.

Born in Holyoke, she was a graduate of Chicopee High School and moved to Feeding Hills in 1964.

She leaves her husband, Edward M. Connor; two sons, Edward B. of Agawam and Kevin J. at home; a daughter, Lisa M. Connor at home; her father, Rudolph A. Pietras of Feeding Hills; two sisters, Victoria Bridges of Bensonville, Illinois,

and Judith St. John of Westfield; and two grandchildren.

The funeral was held at the Colonial-Forastiere Funeral Home and Sacred Heart Church, with burial in Springfield Street Cemetery.

Memorial contributions may be made to the American Cancer Society, 31 Capital Drive, West Springfield, MA 01089.

### Dorothy E. Jenks

Dorothy E. (Gray) Jenks, 74, of Agawam, died recently at Baystate Medical Center in Springfield.

She was a former art illustrator for Sage Allen and Cronin Advertising, both in Hartford, Connecticut.

Born in Waterbury, Connecticut, she was a member of the Baptist Church and the Women's Club.

She lived in Agawam for 50 years.

She leaves her husband, Norman E. Jenks; two daughters, Irene Schlemmer of Agawam and Beverly Santaniello of Feeding Hills; two brothers, Dr. John A. Gray III of Cincinnati, Ohio, and Richard T. Gray of Holyoke; and five grandchildren.

The funeral was held at the church, with burial in Center Cemetery. Agawam Funeral Home was in charge of the arrangements.

Memorial contributions may be made to the church deacon memorial fund at 760 Main Street, Agawam, MA 01001.

### Margaret V. Toriani

Margaret V. (Alberghini) Toriani, 81, of 11 Meadow Avenue, Agawam, died recently at Baystate Medical Center in Springfield.

Born in Springfield, she grew up in that city's Hungry Hill section.

She lived in Agawam for the past 45 years.

She leaves her husband, Henry Toriani; a daughter, Debra Yelinek of Agawam; a sister, Catherine Ferranti of Agawam; and two grandchildren.

The funeral was held at Agawam Curran-Jones Funeral Home, with burial in St. Thomas Cemetery.

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60 North Westfield Street, Feeding Hills

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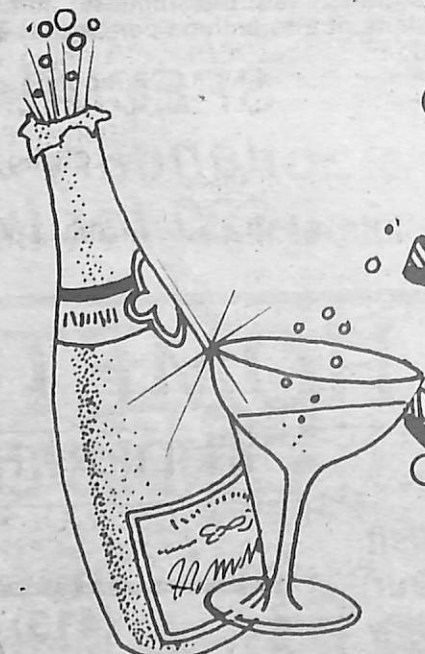
## Join Us On New Year's Eve...

*All dinners will include Alexander's house appetizers, house salad, potato, rolls & butter, a glass of complimentary champagne, and Alexander's special New Year's dessert.*

*Everyone is invited into the banquet room for Alexander's very own Millennium Celebration featuring the live sounds of "Stormin Norm Richards."*

*Happy New Year and please drive safely ... The Grasso Family*

**Call In Your Reservations Now — 786-1127**





# Advocates "Air" Their Support Of New Emissions Inspection Program

by Kathy Shepard  
Feature Editor

In every cloud there is a silver lining, and this may be especially true of the state's new enhanced emissions and safety test for vehicles. The frustration, inconveniences, and expenses have made convenient targets for those who look for negative topics. And recently, the state Registry of Motor Vehicles began refunding up to \$450 each to more than 600 service station owners for delays in launching the Inspection Program.

The refunds will cover the first month's rental of the emissions testing equipment which was late in delivery or installation. Despite the state's efforts to make good on their end of the bargain, there is still ridicule for the way things are being handled. This is a massive change, and it will take a while for things to settle down and fall into place.

The real silver lining in this cloud will be improvement in air quality as experts say 120 tons of pollution will be removed from the air over the Commonwealth every day! And since motor vehicles account for 40 percent of all air pollution, the results, even in the relatively near future, should be significant.

The American Lung Association did a study that included 13 American cities during an extremely hot summer. They were able to correlate the number of emergency room admissions directly with high ozone days, and they took the Environmental Protection Agency to court, forcing them to lower the ozone standard.

## Asthma Doubled In Last 10 Years

Asthma has nearly doubled in the last 10 years, and the air quality across the state of Massachusetts has not yet achieved the ozone standard. Jeff Seyler, program director of Western Mass. Lung Association in Springfield, said of the enhanced emissions tests, "There is a difference between ground level ozone and stratospheric ozone. Ground level ozone is a health and environmental problem, whereas stratospheric O3 is beneficial because it filters out the sun's harmful ultraviolet rays. Ground level ozone contributes to smog and affects people's breathing, especially those with asthma and other respiratory conditions."

The new enhanced emissions test measures nitrogen oxides, a key ingredient in ground-level ozone, in addition to emissions such as hydrocarbons and carbon monoxide.

It is only recently that the condition of the environment has become better understood to consumers. "A Fragile Eden," run as part of a long and thorough series in the *Springfield Union-News* in early 1999 by Stan Freeman, brought out much of the truth about the quality of the air, water, and soil of Western Massachusetts, the Pioneer Valley, and the entire state of Massachusetts.

Seyler explained, "The Pioneer Valley holds pollution down, trapped within a system of mountains. Complicating this are prevailing winds, which bring pollution up from New York and Connecticut. Our air quality in the area is worse than many people realize."

Repeated short-term damage from ozone exposure may permanently change lung function, because ozone has the ability to bond with other chemicals, including those in our own bodies—resulting in chronic effects. Without enough air, every system of the human body is deprived, to say nothing of the discomfort.

## Highest Number Of Hospital Visits Per Capita

New England has the highest number of hospital visits due to asthma per capita! The NE

region is 81 percent higher than the national average, and from 10 percent to 20 percent of the respiratory-related hospital visits in the Northeast are associated with ozone pollution.

Brooke Suter, director of Clean Water Action in Northampton, commended the E.P.A. and the Registry of Motor Vehicles, saying, "We applaud all efforts to clean up air pollution in the Pioneer Valley which contributes significantly to serious health problems. Paralleling this effort, Clean Water Action is calling on Governor Cellucci to make swift progress in closing the loophole which has allowed the 'Filthy Five' power plants in Massachusetts to pollute the equivalent of 750,000 cars."

"Consumers are taking responsibility for air quality, and now it's time to take similar action with the grandfathered electric power plants," concluded Suter. Efforts have been ongoing by Clean Water Action and Toxics Action Center to inform and involve communities about environmental matters.

Frank Pignatere, owner of Frank's Texaco on Main Street in Agawam, an original program participant in this region, told us, "There are still a lot of glitches with the software, but the state is being easy this year. Not too many cars are being failed on emissions, but a few are failed on the safety end. Inspections are taking a minimum of 20 minutes, and if the dynamometer is required, the inspection takes about half an hour. The days of the 10-minute inspection will be no more."

Many stations are giving just the safety portion of the inspections and giving a sticker that suffices until the next inspection is due. While this has confused both consumers and some inspection station workers, it is a matter of waiting out this phase until the system has a chance to kick in and run more efficiently.

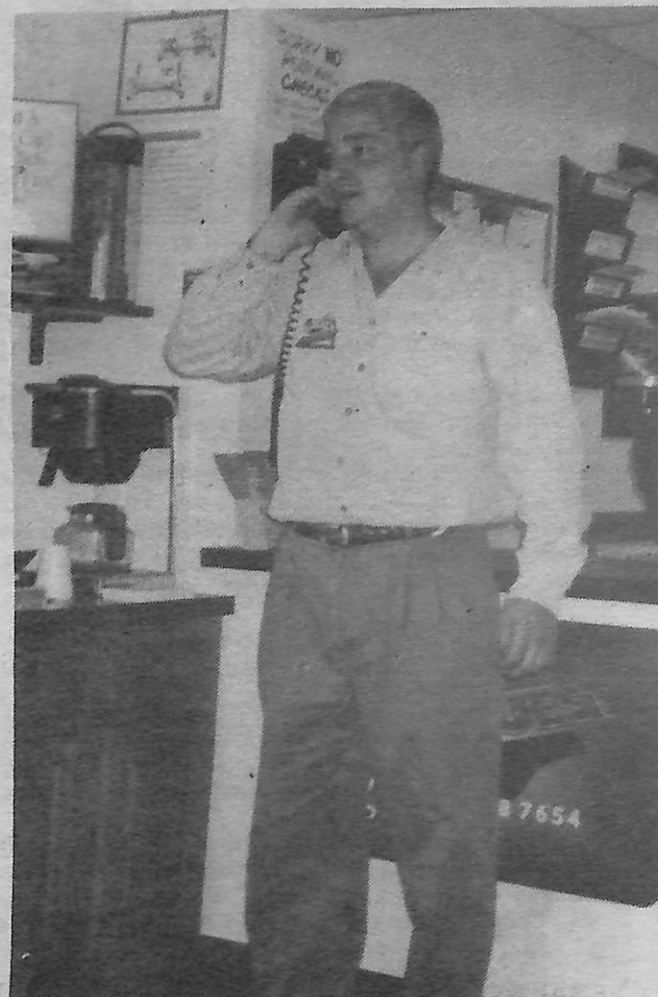
"This is a big change," said Frank Palange of V&F Auto, 443 Springfield Street, Agawam. "A big part of the problem is lack of knowledge. Many people don't understand the benefits this will bring to the atmosphere and how the system will work. Sure, there are going to be problems."

"Everything came to a head at once and now there is a lot of catching up that has to be done. The start-up was delayed due to boycotts because of certain terms in the contract and disagreement about the sticker fee. But we're past that now, and the benefits will outweigh the inconveniences. There are 28 states doing this now, and we should be proud to be part of that effort."

Palange reasons, "I have an allergy to pollen, but it was under control in the past. Now, on days when the air quality is bad and the pollen count is high, I'm suffering twice as much as I should be. That's the way it's getting to be for a lot of people in Massachusetts, especially trouble spots like the Pioneer Valley, where a lot of pollution and pollen can get trapped."

The Inspection Program includes a milestone in the auto repair industry; the first form of state "certification" for qualified technicians. According to the website [www.massinspection.com](http://www.massinspection.com), "The L 1 certification requires a great deal of knowledge and now technicians will take full advantage of their training."

Visiting the website mentioned above and learning more about the testing methods as well as the advantages to the environment will offset the confusion and inconvenience in the long run, clearing the air.



IN TOP PHOTO: Frank Palange of V&F Auto, 443 Springfield Street, Agawam. IN PHOTO BELOW: The new sign for inspection stations in Massachusetts. Advertiser News photos by Kathy Shepard.



**SPECIAL OFFER FOR NEW SUBSCRIBERS: A January-June subscription costs just \$12 (or \$20 for two). Call us at 786-7747 or 786-8137.**

## HOMETOWN CANDLE COMPANY

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Balsam Fir  
- Scent of the month -



## FireWise...

by Fire Chief David Pisano  
Holiday Fire Safety

We think of the holidays as happy times, a chance to celebrate with family and friends.

The Agawam Fire Department wants to wish you and your family a safe and happy holiday season, and offers the following suggestions to keep your holiday safe:

- When purchasing a live tree, look for the following signs of freshness. A fresh tree is green. Needles will be hard to pull from branches when bent between your fingers. Fresh needles don't break if bounced on the ground, and a minimum number of needles should fall off.

- To keep your tree fresh, cut off about two inches of the trunk to expose fresh wood for better absorption of water, keep stored outside the house 'til you're ready to decorate, and keep the stand filled with water.

- When placing your tree, make sure it is kept away from sources of heat, like fireplaces or heat vents, and out of the way of traffic.

- Check out your lights before placing them on the tree. Look for worn or frayed wires and broken bulbs. Make sure you do not overload extension cords.

- Take care when using candles. Keep them away from other flammable decorations. Place them where they cannot be knocked over or reached by children. Do not leave lit candles in an unattended room.

- Make sure your smoke detectors are working properly. If you'll be traveling to visit family and you're not sure if they have a smoke detector, take one with you.

Remember, fires don't take a holiday, and by taking some precautions, you and your family can celebrate a fire-safe holiday. For more information, contact the Agawam Fire Department at 786-2662.

## LEGAL NOTICE

## LEGAL NOTICE

### TOWN OF AGAWAM PUBLIC AUCTION

In accordance with Section 39A, Chapter 255 of the General Laws of Massachusetts, the following Motor Vehicles will be sold at Public Auction at 1:00 P.M. on December 30, 1999 at the Premises of Ace Auto Body, 1363 Main Street, Agawam, Massachusetts in order to satisfy the Lien of Ace Auto Body for Towing and Storage Charges.

Vehicle — 1990 Ford Escort; VIN — 1FAPP9197LT106420; Name — Robert Goff.

Vehicle — 1986 Chevrolet Camaro; VIN — 1G1FD87F3GN142895; Name — Todd Hoessler.

Vehicle — 1993 Buick Regal; VIN — 2G4WB54L4P1434339; Name — David White.

From the office of:  
Warren N. Schreiber

181 Park Avenue, West Springfield, MA 01089

(413) 781-2273  
Lic. No. 101

Published: December 9, 1999

## LEGAL NOTICE

## LEGAL NOTICE

### TOWN OF AGAWAM

You are hereby notified that a public hearing will be held at Agawam Middle School, 68 Main St., in the Town of Agawam, Massachusetts, at 7:00 o'clock p.m., on Monday, December 20, 1999 upon petition of New England Telephone and Telegraph Co. dated November 16, 1999 for permission to place solely owned pole and place PVC conduit in the ways or parts of ways designated in said petition, along which designated route of line you are an owner of real estate as determined by the last preceding assessment for taxation.

Dated this 3rd day of December, 1999.

Information regarding this petition may be obtained from the New England Telephone and Telegraph Co. in Springfield between 8-10 a.m., tel. no. 787-0391.

PETITION NO. 92-0155

STREET: Mill St.; Tennis Road

Ursula Retzler

Clerk of the Council

Published: December 9, 1999

## Keenan Has Info. On Civil Service Exams

State Representative Dan Keenan is pleased to offer applications and scheduling information for the Commonwealth's current Civil Service examinations, which includes all announcements regarding Open Competitive Civil Service exams for the FY 2000.

Also available is information relating to the new Continuous Testing (ConTest) program which allows applicants for certain positions to apply for and take exams on an ongoing basis.

Please contact the District office at 786-4545 for further information.

## LEGAL NOTICE

## LEGAL NOTICE

## LEGAL NOTICE

## LEGAL NOTICE

### TOWN OF AGAWAM BOARD OF APPEALS

Notice is hereby given that the Board of Appeals will conduct a public hearing at the Agawam Middle School Cafeteria, 68 Main St., Agawam, MA on THURSDAY, DECEMBER 16, 1999 at 7:00 P.M., for all parties interested in the petition of ROBERT E. FONTANILLES, who is seeking a Special Permit in accordance with Section 180-23, Paragraph L. of the Zoning Ordinances, which would allow for the parking of two (2) - three (3) axle tractors (freightliners/big-rigs) at the premises identified as: 646 COOPER STREET.

Doreen Prouty  
Acting Chairperson

Published: December 9, 1999

### TOWN OF AGAWAM AGAWAM TOWN COUNCIL APPROVED ORDINANCE TOR-99-6

An Ordinance to enact Chapter 36 of the Code of the Town of Agawam entitled Smoking in Public Places.

Said Ordinance is of a length too cumbersome for publication. Accordingly, copy of said ordinance is available for reference at the office of the City Clerk, 36 Main Street, Agawam, MA between the hours of 8:30 a.m. and 4:30 p.m. Monday through Friday.

PER ORDER OF THE AGAWAM CITY COUNCIL  
Donald M. Rheault, President  
Agawam City Council

Published: December 9, 1999

*PLEASE REMEMBER to patronize your local  
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The Right Price!*



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Agawam

**789-2940**



Free Layaway For Christmas



Open Monday Through Mon.-Fri. 9-5 Sat. 9-1





## Families

### AHS's Class Of 1949 Celebrates 50th Reunion



**"WHERE DID ALL THE YEARS GO???"**: Agawam High School's class of 1949 recently held its 50th reunion at East Mountain Country Club in Westfield. Advertiser News photo by Kathy Shepard.

### Christmas Program This Sunday At Spfld. Turnverein

The German Cultural Committee cordially invites you to attend a Christmas Program on Sunday, December 12th at 2:30 p.m. at the Springfield Turnverein.

Erica Baron will be presenting a traditional German Christmas Program of music and card singing. Included in the program is the film, "The Christmas Market of Nuremberg."

This "Christkindlesmarkt" is one of the most famous Christmas markets in the world. More than two million visitors come every year to experience the romance of the Nuremberg marketplace with its decorative stalls and artistic displays. The city has been known for its gingerbreads and toy-making since the 1600's.

Refreshments on Sunday will include traditional Christmas Stollen and cookies. There is no admission charge. The Turnverein is located at 176 Garden Street in Feeding Hills at the Garden Street exit of Route 57.

### Holiday Pet Photos Offered At Dave's Soda & Pet City's Hadley And Springfield Stores

Santa Claus and his trusty photographer, Phil Labranche of Sharp Shots Photography in Westfield, will be visiting Dave's Soda & Pet City locations this month, offering holiday pet photographs for visitors.

Visitors can have their pet's color photo taken with Santa for \$9, with \$2 being donated to a local animal charity.

Dates and times for the Pet Photos with Santa are:

December 10th, from 3:00-8:00 p.m., 335 Russell St. in Hadley; December 11th, from 12:00 noon-4:00 p.m., 1330 Carew St., Springfield.

For more information, contact the nearest Dave's Soda & Pet City location!

## Rejean J. Remillard Insurance Agency

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## It's Been 50 Years Since Graduation!!!



IN LEFT PHOTO: The committee for the 50th class reunion of AHS's class of 1949: back row — Richard Daglin; middle row — Fred Demers, Josephine Paige, Claire Flaro, Emmy Harbey, and Robert Castelli; front row — Dottie Fitzgerald, Jessie Losito, and Alice Demarais. IN RIGHT PHOTO: Ruth & Winn Sharples, Dru & Bob Masi, and Joan & George Farina. Advertiser News photos by Kathy Shepard.

## Agawam Chamber Announces Holiday Breakfast

The Agawam Chamber of Commerce will celebrate the holiday season with a breakfast, Friday, December 10th at 7:15 a.m. at the Oak Ridge Country Club.

Sponsored by the *Union-News/Sunday Republican*, the holiday breakfast will also celebrate a special salute in memory of Larry Orenstein, Jr. to the Agawam businesses that contributed to the Agawam High School tractor-trailer donation.

Special guests include Mayor-Elect Rich Cohen

as chief greeter for the breakfast; Dave Ratner, President of Dave's Soda and Pet Food City, Inc., who will speak on "You Can Compete with the Big Guys"; and Dick Garvey, Associate Publisher of the *Union-News*, who will celebrate 175 years of the *Union-News*. In addition, holiday entertainment will be provided by the Holiday Horns of Agawam High School and director by Band Director Tammy Watson.

Breakfast guests are encouraged to bring a

canned good donation for the Agawam Junior Women's Club Holiday Basket Project. The baskets will be distributed to families in the community who are in need. Donations will qualify guests for a special Holiday Raffle.

Cost for the December breakfast is \$12, and reservations must be made in writing and in advance. For more information or for a reservation form, call Events Coordinator Laurie Brunelle at (413) 755-1313.

## Take 5 Restaurant

Steaks — Seafood — Chops

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## Gift Certificates For The Holidays

*Enjoy Your New Year's Eve With Us!*

*Agawam's Home Of Steaks, Chops, Seafood, Prime Rib,  
Baby Back Ribs, And Of Course ... Our Famous Soup And Salad Bar*

**Open For Lunch**

Tuesday - Friday, 11:30 A.M. - 2:30 P.M.

**Open For Dinner**

Tuesday - Sunday, 4:00 P.M. - 10:00 P.M.  
(Closed On Monday)

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Cards Accepted

944 Springfield Street  
Feeding Hills  
786-0962







SALLY &amp; JOHN LOWELL

## Sally & John Lowell Celebrate 50th Wedding Anniversary

Sally and John Lowell are celebrating their 50th wedding anniversary this month. While living in Agawam, Sally was director of elementary instrumental music in our schools for many years. She is remembered for starting the Summer Instrumental Music Program, which is still popular in our schools today.

They have three sons; Jim, living in East Longmeadow; John, living in Round Rock, Texas; and Bill, living in West Springfield. They are the proud grandparents of six granddaughters.

John and Sally now reside in Clearwater, Florida.

**All the hometown  
news with us - AAN!**

\* \* \*



**"Beauty Corner"**  
by Mary Ann Zicoella

**Salon Tres Chic**  
At Twin Silos  
1407 Suffield Street  
Agawam, MA 01001  
(413) 786-8274

### Got A Hair, Nail, Or Beauty Problem? Send Us A Note, And We Will Answer It In Our Column

**Question:** Is it true that bacteria can enter and contaminate my cosmetics?

**Answer:** Yes! Every time you open a jar of face cream or a bottle of lotion and dip your fingers in, you're introducing bacteria, which can also affect the product's shelf life.

Bottles with pump-dispensers offer a simple way of getting around this problem. Their design means you can use the product without interfering with its ingredients, and stops the contents from oxidizing on contact with the air.

Using a clean spatula to remove product from a container is also helpful. Always remember to wash hands with an antibacterial soap to help keep bacteria from products and from delicate skin.

\* \* \*

*For the  
best in  
local goods  
and services,  
be sure to  
check our  
classified  
ads each  
and every  
week...  
AAN!!!*

\* \* \*

### FALL-CLEAN-OUT:

Make-up bags should be cleaned weekly, as bacteria can breed here. Plastic bags are most practical, as they can easily be washed with soap and warm water.

Make-up brushes, sponges, and powder puffs should be washed weekly using hot soapy water to wash and then rinse under running water — do not soak. Gently squeeze excess water out of sponges and puffs. Shake water from brushes, reshape bristles, and let air dry, resting on a flat surface.

There are fast-acting cleansers in spray-on or wipe-off formulation and professional cleansing agents you may purchase. Some are alcohol-based, which can be harsh and drying on your tools. I don't feel a need for these, as a mild soap and water wash will do just nicely.

### SHELF LIFE ON COSMETICS:

- |                                 |         |
|---------------------------------|---------|
| 1) Concealer .....              | 12 mo.  |
| 2) Foundation, water base ..... | 12 mo.  |
| oil base .....                  | 18 mo.  |
| 3) Face powder .....            | 2 yrs.  |
| 4) Eye shadow .....             | 2 yrs.  |
| 5) Eye liner .....              | 3-6 mo. |
| 6) Mascara .....                | 3-6 mo. |
| 7) Lipliner .....               | 2 yrs.  |
| 8) Lipstick .....               | 2 yrs.  |
| 9) Nail polish .....            | 12 mo.  |

Please feel free to visit Mary Ann and daughters, Jennifer and Melissa, Tuesday through Saturday at our salon ... **Beauty is our Business!**

**A thought for a smile:** A big bold sunflower on a sunny fall day.

## Calling All Cards!

Hallmark offers hundreds of Christmas card designs, including messages and artwork that run the gamut from traditional to spiritual to nostalgic and beyond. So, whether you need a box of cards or just one special one, we're your Christmas card connection!



  
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Feeding Hills, MA 01030  
786-4820



**Surprise!**

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838 Suffield St., Agawam, MA  
at the Southgate Shopping Center  
Open Mon.-Sat. 9 a.m. - 9 p.m.  
Sun. 10 a.m. - 6 p.m.  
Tel. 786-2407



Presented By Junior Women's Club...

## 1999 Holiday Ornament Available At Local Markets

The Agawam Junior Women's Club is pleased to present the 1999 holiday ornament. This year's ornament is the ninth in a series and depicts the Agawam Indian head.

On the front of the ornament, a likeness of the Indian head (which has become a well-known symbol in our town) has been etched in the ornament. However, it is not raised, but rather indented — a different look from previous ornaments.

It represents the many Indians who were settled here a long time ago. It was those very Indians who gave us our town name.

The back of the ornament has "Happy Holidays, 1999, Agawam, Massachusetts, 9th Edition." The ornament was made in the United States and is gold, with a wreath and bow encircling the Indian head.

It would make a wonderful gift for a current Agawam resident, and even more so for a former Agawam resident — bringing a bit of the old hometown into their present home.

The ornament is available for purchase at the Agawam Public Market, the Corner Deli, the Feeding Hills Public Market, and Surprise! Card and Gift Store. The store owners and employees are a great benefit in getting the ornaments out to those interested in collecting them. We appreciate their help and your patronage.

Our first ornament in 1991 featured the Captain Charles Leonard House. In 1992, we featured the Old Agawam Center Library. In 1993, we featured the Agawam Middle School (formerly the Agawam High School).

In 1994, we featured the Annie Sullivan Memorial. In 1995, the Riverside Carousel Horse was featured. In 1996, the Agawam Fire House was featured. In 1997, we featured the Town Seal.

Last year (1998), we featured the Agawam Town Hall. This year, the Agawam Indian head makes a very historic addition to the collection.

Be sure to get your ornaments as soon as possible, as only a limited supply was ordered. Ornaments from 1991, 1993, 1994, and 1995 have been sold out and are no longer available. Ornaments from 1992, 1996, 1997, and 1998 are still available for a limited time at \$5 per ornament. Please call Betty Vershon, 786-4357, if you're interested in any of the older ornaments.

The cost of this year's ornament is \$6 per ornament. If you have any questions regarding the ornament, please call Pam Quirk, 789-3274, or Betty Vershon, 786-4357.

*Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, ads, etc., that can be brought in on Mondays. Thank you...*

\* \* \*



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**Why Wait Until After Christmas?**  
**Save 50%**  
**NOW!!!**

**YOU** 22 oz. \$9.00  
**PAY** 16 oz. \$7.50

At Our Factory Store  
(Across from  
Interstate Building Supply)

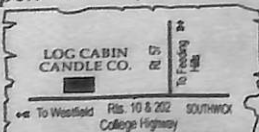
Open Monday-Friday 11-5; Saturday 10-5; Sunday 11-5

College Highway

Rts. 10 &amp; 202

Southwick, MA

(413) 569-2121



AIRMAN RYAN T. LONGTIN

## Airman Ryan Longtin Graduates From Basic Military Training

Air Force Reserve Airman Ryan T. Longtin has graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

During the six weeks of training, the airman studied the Air Force mission, organization, and customs and received special training in human relations.

In addition, airmen who complete basic training earn credits toward an associate degree through the Community College of the Air Force.

Longtin is the son of Susan G. and Thomas R. Longtin of 21 Ridgeway Drive, Feeding Hills.

He is a 1999 graduate of Agawam High School.

## Ag. Senior Center's Senior Lunch Menu

**Monday, December 13th:** Tomato rice soup, chicken cutlet on a roll with lettuce and tomato, orange.

**Tuesday, December 14th:** Baked chicken breast, mashed potatoes, broccoli, rye bread, peaches.

**Wednesday, December 15th:** Beef stew, pickled beets, biscuits, chocolate pudding.

**Thursday, December 16th:** Vegetable lasagna, tossed salad, breadsticks, Jello with fruit.

**Friday, December 17th:** Christmas party — pot roast with gravy, pan-roasted potatoes, acorn squash, rolls, Christmas cake.

(Menu subject to change without notice.)

## "Pet Coloring Contest" At Dave's Soda & Pet City

Children ages three through eight can enter to win either a toddler or youth bicycle by drawing their favorite pet or animal in a holiday setting.

Coloring entries for the contest may be obtained at Dave's Soda & Pet City, 11 Ramah Circle, Monday-Friday, 9:00 a.m.-8:00 p.m.; Saturday, 9:00 a.m.-6:00 p.m.; and Sunday, 12:00 noon-5:00 p.m.

Four winners, two youth and two toddler, will be chosen at random on December 22nd.

All entries will be displayed at Dave's and winners will be notified by telephone.

There is no purchase necessary to enter. The contest is being sponsored by Dave's and Pro-Plan.

— ADVERTISER NEWS —

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**AT THE AGAWAM GOLDEN AGE CLUB (CHAPTER 2) CHRISTMAS PARTY:** front row — Eileen Collier (ticket chairperson), Lee Dion (chaplain), Barbara Sherry (tickets), and Virginia Lake (program chairperson); back row — Perry McCobb (president), Rose McCobb, and Art Collier (tickets). Advertiser News photo by Kathy Shepard.



**ENJOYING THE CHAPTER 2 CHRISTMAS PARTY:** standing — Judy Atwater, Marie Hristopoulos, Pat Buoniconti, Jane Carmody, Charles Buoniconti, and Eileen St. John; seated — Milli Suain, Rose Haynes, Mary Gagliarducci, and Helen Lawrenchuk. Advertiser News photo by Kathy Shepard.

## Agawam Golden Age Club (Chapter 2) Holds Annual Christmas Party At The Oaks

President Perry McCobb and his wife, Rose, welcome members of the Agawam Golden Age Club, Chapter 2 to the Annual Christmas Party held at The Oaks on Wednesday, December 1st.

Festivities began at 11:00 a.m. with a social hour. Seniors enjoyed egg nog, fruit, cheese and crackers, and dips while visiting with many friends.

Promptly at 12:00 noon, president McCobb led the members in the *Pledge of Allegiance to the Flag* and called upon Leanne Dion, club chaplain, to give the opening prayer.

Following the dinner, McCobb complimented

The Oaks' personnel for their delicious food, prompt service, and the attractive Christmas decorations. He also thanked the members of the party committee: Eileen Collier and Barbara Sherry, ticket sales; Arthur Collier, banquet coordinator; Harry and Betty Durant, table arrangements; and Virginia Lake, entertainment.

Virginia Lake introduced the "singing swingers" from Chicopee, who presented a very talented program of old-time songs, jokes, and tap dancing.

The Christmas party ended by everyone singing the traditional song, *God Bless America*.



DAVID SEDER AND KIMBERLY HAYES

## Kimberly Hayes Engaged To Wed David Seder

Mr. William Hayes of Agawam and Mrs. Jacqueline Toussaint of East Granby, Connecticut are pleased to announce the engagement of their daughter, Kimberly Hayes, to David Seder of Suffield, Connecticut.

Kimberly is a 1994 graduate of Agawam High School and a 1998 graduate of Bryant College. She is employed as a staff accountant for Blum, Shapiro & Co., CPAs in West Hartford, Connecticut.

David is the son of Ivan Seder of Ellington, Connecticut and the late Patricia Seder. He is a 1993 graduate of Suffield High School, a 1998 graduate of MCTC, and will graduate in May from the University of Connecticut. David is a member of the Connecticut Army National Guard.

A June 2000 wedding is planned.

## Agawam UNICO To Sponsor Pancake Breakfast With Santa

The Agawam Chapter of UNICO National has announced that its upcoming "Pancake Breakfast With Santa" will be taking place on Sunday, December 12th at the Italian Sporting Club on Cooper Street, Agawam from 8:00 a.m. to 12:00 noon.

Tickets are \$4 for adults and children under nine years of age are free. Tickets are currently available from any UNICO member, this year's chairman, Art Chase, at 786-4265 or Sal Morassi, at 786-0177. They will also be available at the door.

All proceeds from the breakfast will be used to benefit Agawam UNICO and its many charitable activities. Agawam UNICO is well-known for its commitment to the community and the residents of Agawam.

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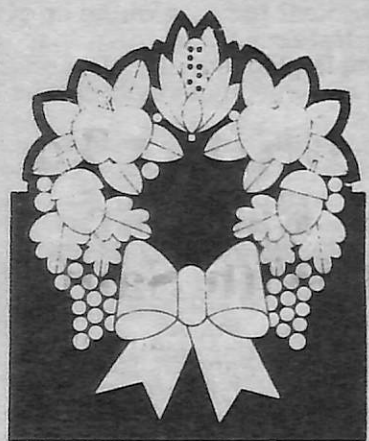


## Celebrating The Holidays...



AT THE ANNUAL CHRISTMAS PARTY sponsored by the Agawam Golden Age Club (Chapter 2): standing — Tom Carney and Thelma & Charles Ryan; seated — Eleanor Carney, Bee Wilson, Lee Dion, and Mary Spinelli. Advertiser News photo by Kathy Shepard.

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## Church News

### News & Notes From F.H. Congregational

You are welcome to join with us at the Feeding Hills Congregational Church, which is located at 21 N. Westfield Street in Feeding Hills. Our Sunday morning service of worship begins at 10:00 a.m., and this week will include a special collection of clothing and food for the Parish Cupboard.

Rev. Donaldson's sermon is entitled "Effective Prayer." The Bible reading this week will be Luke 1:46-56. Confirmand Amanda Rozanski will be our Lector.

Ushers will be Sue and Greg Boisvert. Andy and Chris Kretschmar will be our acolytes.

Sunday School students, who are invited to attend worship with adults, will leave at a designated time for their lessons. Nursery care will be provided for the very young.

The Mitten Tree has been set up in Griswold Hall. The collection of hats and mittens from the tree will be given to the Council of Churches for distribution.

The weather will surely get colder, so let's cover the tree!

Rev. Rob would like you to join with him and Debbie for a performance of *Messiah* to be held at Christ Church Cathedral in Springfield on Saturday, December 18th, at 7:30 p.m.

There is an article/review of last year's performance posted on the bulletin board. See Rev. Rob if you are interested in attending.

Confirmands: Don't forget your next meeting on Wednesday, December 15th, at the Southwick Congregational Church at 6:30 p.m.

The deadline for submissions to the church newsletter is Thursday, December 16th.

Christian Ed will sponsor Movie Night on Friday, December 17th, at 7:00 p.m.

On Christmas Sunday, December 19th, we will be treated to a Christmas Pageant put on by our Sunday School. Later that evening, at 6:00 p.m., the Deacons have invited us to come back to church for some neighborhood Christmas caroling.

Come and join us; don't be a humbug!

We will have a special worship service on Christmas Eve at 7:30 p.m.

Operation Friendship will sponsor a Roast Beef Dinner from 5:00 to 6:30 p.m. on Saturday, December 11th, here at the church.

For reservations, call Sharon at 786-8743 or Debbi at 786-9780.

On the calendar:

**Friday, December 10th:** 5:00 p.m. to 12:00 midnight, Creative Memories.

**Saturday, December 11th:** 5:00 to 6:30 p.m., OF dinner.

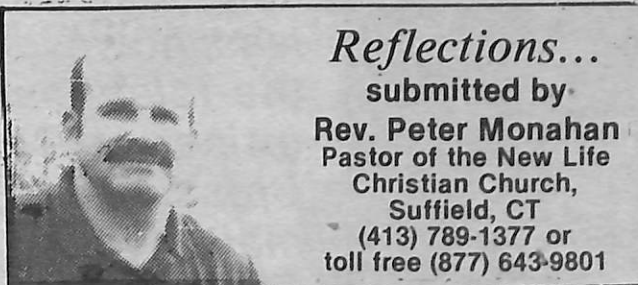
**Sunday, December 12th:** 10:00 a.m., Parish Cupboard Sunday; 12:00 midnight to 8:00 p.m., Church of Redemption dinner.

**Monday, December 13th:** 4:00 p.m., Daisy Scouts; 6:30 p.m., Cub Scouts; 7:00 p.m., Trustees; 7:30 p.m., Christian Ed.

**Tuesday, December 14th:** 7:00 p.m., A.A.; 7:00 p.m., Stewardship & Missions.

**Wednesday, December 15th:** 2:45 p.m., Girl Scouts; 6:30 p.m., Girl Scouts; 6:30 p.m., Confirmation Class (Swk.); 7:30 p.m., Choir.

**Thursday, December 16th:** Newsletter deadline; 7:00 p.m., A.A.



### Reflections...

submitted by  
**Rev. Peter Monahan**  
Pastor of the New Life  
Christian Church,  
Suffield, CT  
(413) 789-1377 or  
toll free (877) 643-9801

### Being Festive Rather Than Miserable

Does it ever bug you, when you're miserable for some reason, to encounter happy people? Although that can be galling at any time, it is especially easier for that to happen during the Christmas season. The world all around us can be in a festive mood, and yet some are miserable. Can we place ourselves among the festive rather than the miserable, and if so, how can we do it?

The Bible commands us, **do not quench the Spirit**. To **quench** means to put off or to stifle, to drive off. Believe it or not, it is possible to drive God's Holy Spirit away from ourselves. The Holy Spirit may be in our midst, seeking to bless us in some way or another, giving us a better understanding or sense of God's presence and His great love for us. We can **quench**, or drive away, **the Spirit** even without meaning to. Fortunately, the Bible gives us practical instructions on how we might invite, rather than drive away, the Spirit of God.

**Be joyful always.** To be joyful means to be happy. The verb tense in the Greek indicates two things. First, **be joyful always** is a command, not an option. Second, it is something we deliberately do, rather than something which is done to or for us. Some people make the mistake of letting circumstances, or perhaps other people, dictate their own level of happiness. By doing so, such people put themselves in the position of being a victim of circumstances or other people. There's the old story about a person who encounters a friend, and inquires about the friend's well-being. "I'm okay, I suppose, under the circumstances..." comes the reply. To which the first friend says, "Well, what are you doing under the circumstances, anyway?"

The decision to **be joyful always** is one of the steps of inviting the Lord into our lives on a daily basis. **The joy of the Lord is your strength. Be joyful always.** Not just sometimes, not even most of the time, but **always**. Elsewhere, the Scripture says, **Rejoice in the Lord always. I will say it again: Rejoice! ... The Lord is near.** That's simple, yet good advice. "Cheer up, if for no other reason than that you're hardly alone; God is nearby."

## "Revival Week" Calendar Announced By Faith Bible Church In Agawam

### REVIVAL WEEK

December 28th, 29th, 30th, & 31st

**Tuesday, December 28th:** Speaker - Pastor Tom Crouse (7:00 to 9:00 p.m.).

**Wednesday, December 29th:** Speaker - Pastor Dave Brown (7:00 to 9:00 p.m.).

**Thursday, December 30th:** Speaker - Pastor Dave Brown (7:00 to 9:00 p.m.).

**Friday, December 31st:** Family Night at Faith Bible Church (6:00 p.m. to ???).

Come and spend a night with us at Faith Bible

Patronize local  
businesses...

**Pray without ceasing.** No matter how talented or untalented any of us may feel we are or actually may be, each and every one of us is capable of praying. It doesn't have to be long, elegant praying. Short, simple prayers will do, as long as they're sincere. If people would try spending even a fraction of the time and energy they spend with counselors, therapists, or just their friends complaining; and **prayed without ceasing** instead, chances are the bulk of their problems would either go away or at least they would be better able to cope with them.

Too often, we carry burdens around as though we were shopping for Christmas presents. Some for others, perhaps some for ourselves. In any event, our arms are full. That's not God's way for us. **Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.**

When we **pray without ceasing**, we ought to pray for those around us, in addition to praying for or about ourselves. By praying for others, we accomplish two things. We participate in God's blessings to those around us. Then, we're not only **quenching the Spirit**, we're cooperating with Him. Additionally, we stop thinking about our own problems so much.

**Give thanks in all circumstances.** Notice that the Bible doesn't say "Give thanks for all circumstances," but rather **in all circumstances**. The thankful heart looks up to God and perceives His grace and presence. **And surely I am with you always, to the end of the age,** said Jesus. He also said, **"In the world you will have trouble. But take heart! I have overcome the world."** When we thank God in **all circumstances**, we express confidence in God's character and ability, among other things. If nothing else, such affirmation of God's character and ability provide us with encouragement, even in the midst of difficult circumstances. On the other hand, refusing to **give thanks in all circumstances** can give rise to grumbling and complaining instead. Becoming negative in difficult circumstances only serves to make matters worse.

Psalms 100 says **enter His gates with thanksgiving**. If we want to abide in the presence of God, we must first enter into the presence of God.

This Christmas season, let's give it a try. Over the coming weeks, let's intentionally **not quench the Spirit**, but rather make the decision to **be joyful always**, following God's guidance to **pray continually** and to **give thanks in all circumstances**. Maybe then, the festive mood of Christmas can be *our* experience, not only now, but in the coming year as well!

Church, 370 Shoemaker Lane, Agawam, during the last week of 1999. There will be four nights of dynamic preaching, and on Friday, New Year's Eve (beginning at 6:00 p.m.), there will be food, fellowship, worship, and prayer as we get on our knees to welcome Jesus into the new millennium.

*"If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land"* - 2 Chron 7:14.

For more information, contact Faith Bible Church at 786-1681.



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## Church News - continued...

## Calendar From Ag. Congregational

The Third Sunday of Advent will be celebrated this Sunday, December 12th, at the Agawam Congregational Church (745 Main Street, Agawam), with the lighting of the third of the Advent Candles, the Candle of Joy.

Dr. Bascom will preach a sermon called "That Partridge In the Pear Tree," based on the texts in Isaiah 61:1-4 and Mary's Magnificat in Luke 1:39-56.

At 6:30 p.m. this Sunday, there will be the third in the Advent Series of congregational gatherings, involving music, Bible study, prayer, and refreshments. Mr. Steve Paul will lead this week's session. All are invited.

The Choir is preparing for a presentation of the Christmas portions of Handel's "Messiah" in the Christmas Sunday service on December 19th.

Accompaniment will be by a string quartet, along with piano and organ.

Church school for seventh through 12th grade and Confirmation classes meets at 9:00 a.m. each Sunday, with crib room through sixth grade meeting during the 10:30 a.m. worship service.

Each church school class will be celebrating the lighting of the Advent Candle and focusing on the Biblical message of Joy.

The second rehearsal for the Christmas Eve Pageant will be Saturday, December 11th, from 9:00 to 10:30 a.m.

It's not too late to join. Stop by and see what's happening!

You may contact Lucy Young, the Co-Director, for more information.

Men are invited to join the Men's Prayer Time, which meets at 7:45 each Tuesday morning.

We read from the devotional guide "Upper Room" for meditation and discussion, with time for coffee and fellowship.

Rev. Eric Bascom's book, "A Funny Thing Happened on the Way to the Pulpit," is now on sale.

The \$10 book may be purchased at the church office.

The Christmas Eve service schedule is as follows: 5:00 p.m. (Pageant) and 11:00 p.m. (Traditional Candlelight).

For more information concerning any of our events, please call the church office at 786-7111.

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## Mrs. Claus Is Coming To Town!

Moms, Dads,  
Grandmas & Grandpas

Mrs. Claus will be here  
each Wednesday (Dec.  
8th, 15th, & 22nd) from 10  
a.m. to 12 noon to share  
stories and songs with  
your little elf while you  
shop.

Experience The Excitement!

Cameras Welcome

Featuring Combined Choirs...

## Christmas Musical And Pageant At St. Anthony's Church

The combined choirs of St. Anthony of Padua Church and St. Theresa of the Child Jesus Church, will present the inspiring Christmas cantata "Once Upon A Child" at 7:00 p.m. on Sunday, December 12th, at St. Anthony of Padua Church, corner of Bridge and Maple Streets, Agawam.

"Once Upon A Child," a Christmas story portrayed by music and illustrated in a pageant, presents the greatest story ever told, the tale of a mother and her Child, of angels and shepherds and wise men, and of a Baby who became a Hero and the Savior of the World.

The pageant cast includes Chet Nicora as "Grandpa" and Joanne Brignoli, Amanda Bessette, and Lindsay Petrucci as "the children." Father Bill Rousseau will serve as the narrator, and portraying Joseph, Mary, and Jesus (respectively) will be Jon, Carrie, and Patrick Fisk.

The Angels will be comprised of Julie Ouimet, Celina Marasi, Briana Pisano, Tiama Callahan, Jenna Cears, and Lindsay Sadowski; the Shepherds will be played by Kevin Pisano, Andrew Lavoie, Garrett Charette, Kristina Langone, Jesse Favreau, and Pasquale Basile; and the Magi will be depicted by Michael Cristina, Amie Fydenkevez, and James Regnier.

The director/organist of this production is Joanne Beltrandi, and Toni Delore is the director/pianist. Andrew Menard will be the music page turner.

The choir for "Once Upon A Child" will feature the following parishioners: David Benoit, Patricia Benoit, Paul Brusseau, Chet Clark, Dorothy Clark, Lorraine Currier, Kathleen D'Amato, Charles Duclos, Vivian Dziardziel, Marsha Finck, Denise Gousy, Mary Guistimbelli, Pat Holtz, Lise Januska, Rosemary Kusiak, Lois Menard, Lillian Morisset, Dorothy Morris, Paula Murphy, Barbara Nicora, Christina Petrucci, Russell Petrucci, Dorothy Pilegi, Betty Ann Pisano, Larry Pisano, Horace Troie, Thelma Troie, Jeff Valley, and Linda Wojcik.

## St. John's Parish News And Notes

### THE GIVING TREE

The Giving Tree adorns the Sanctuary once again this year after the marvelous experience of the last years. There were over 600 names on the tree last weekend (WOW!). Each "boot" on the tree represents a need from someone.

If there are any left this week, plan to take an ornament, buy the gift, wrap it, and leave the ornament on the outside with the code number visible, and return it by December 19th.

May this project help all of us become spiritually ready to celebrate the coming Birthday of the Lord.

### CHRISTMAS FLOWERS

We will once again have a program for memorial gifts for flowers at Christmas.

If you would like your loved ones remembered in the purchase of our Christmas flowers, just put their name(s) on the special envelopes at the Church doors, or any envelope clearly marked, and return it via the collection basket by December 19th.

We will list the names on a poster in the vestibule and include them in the bulletin.

### MILLENNIUM VINE

Our Millennium Vine is rather impressive on the back wall of the Church, ready to grow leaves with our Baptisms, First Communion, Confirmation, and weddings starting with last Sunday through Epiphany 2001.

It should help us visualize the life of Jesus in our midst as we celebrate His 2,000th Birthday.

### CATHOLIC WOMEN'S CLUB MYSTERY RIDE

The Club will meet promptly at 7:00 p.m. on Monday, December 13th, for a brief meeting. They will then pool cars for their festive Christmas Mystery Ride.

Surprise!! Entertainment!! Don't forget to bring a nonperishable food item for the Open Pantry.

### AGAWAM CATHOLIC SINGLES CLUB

Our Parish Singles Club meets on the second Thursday of each month in the Parish Center. New members are always welcome.

The next meeting will be held on December 9th at 7:00 p.m. and will feature a Christmas Pot Luck Supper. Bring a dish to share and a \$5 wrapped grab bag gift.

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Fri. 9-6

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## Church News - continued...

## News From Valley Community Church In Feeding Hills

Valley Community Church would like to invite its neighbors and community friends in Christ to join us in worship, prayer, and fellowship in God's House atop the hill at 152 S. Westfield St. in Feeding Hills, MA.

Our Sunday morning worship service is at 9:30 a.m., followed by fellowship at 10:30 and Christian Education at 11:00 a.m.

Pastor Gene deJongh will lead us in worship this Third Sunday of Advent. Our Chancel Players will continue their presentation of "The Innkeeper" in preparation for the lighting of the Advent candles. Young people will be invited downstairs during a designated time for their own worship service while nursery care is provided for the very young.

We also welcome you to participate in the many fellowship activities planned during this most joyous season. They include a Christmas Cookie Swap on Monday the 20th at 7:00 p.m.; a Christmas Pageant featuring "The Little Star," presented by our Junior Choir during our Dec. 19th service. It will be followed by a Pot Luck Brunch in Dunn Hall, a Christmas Festival with games and activities, culminating in a Carol Sing at the Renaissance Nursing Home.

Our Christmas Eve Candlelight Service will be held Friday, December 24th at 11:00 p.m. And preparations for our fifth Annual Boar's Head Festival, scheduled for Wednesday, January 5th, begin Tuesday, December 28th at 7:00 p.m.

For more information on these and other church-related activities and services, please call the office at (413) 786-2445.

### On the calendar:

**Thursday, Dec. 9th:** 6:15 p.m., Junior Choir rehearsal for "The Little Star"; 7:00 p.m., Senior Choir Rehearsal.

**Saturday, Dec. 11th:** 5:00-6:30 p.m., Chicken Supper.

**Sunday, Dec. 12th:** 9:30 a.m., Sunday Worship Service; 10:30 a.m., Fellowship; 11:00 a.m., Sunday School and Pageant rehearsal.

**Tuesday, Dec. 14th:** 7:00 p.m., Administrative Board Meeting.

— ADVERTISER NEWS —

## Calendar Of Events & Activities Announced By Sacred Heart Church In Feeding Hills

### SCRIPTURE STUDY (BIBLE CLASSES)

Persons interested in Scripture (Bible classes) are asked to contact Fr. Ron Sadlowski at Sacred Heart Rectory. Each weekly session will be for one-and-one-half hours. We will be studying, sharing, watching a video, and praying on the assigned chapters for each week.

These sessions are for anyone who desires to read and reflect on the scriptures with others. This particular study encourages daily reading of the Sacred Word. The average study length of a particular book is 10 weeks.

Presently, Tuesday evenings from 7:00-8:30 p.m. are being considered. Please call the Sacred Heart Rectory at 786-8200 as soon as possible. Materials need to be ordered. Fr. Ron will be the facilitator.

### CHRISTMAS TREE DECORATING PARTY

Children/youth and parents are invited to come and help decorate two Christmas trees in the Rectory on Friday evening, December 17th from 6:00-7:30 p.m. Light refreshments will be served.

### BLESSING OF GIFTS ON DECEMBER 26th

Children and adults are invited to bring at least one gift received at Christmas to be blessed on Sunday, December 26th. The blessing will occur at each of the Masses.

### THANK YOU

It is with grateful hearts that we thank you for your most generous donations at Thanksgiving. Thirty-three families, including 10 homebound, enjoyed delicious complete dinners because of your goodness. Turkeys, potatoes, vegetables, fruit, cookies, and some flowers graced the home of many who were blessed this Thanksgiving with people who cared.

### NEW DATE FOR ANNUAL CHRISTMAS CONCERT

On Sunday, December 19th, our Junior and Senior Choirs will present a Christmas Concert at 7:00 p.m. in the Church. Please bring a non-perishable food item for the needy. A reception will follow in the Parish Center.

### BRIGHTSIDE ANGELS

Brightside Angels will be on sale after all Masses this weekend, December 11th and 12th. The donation for the angel is \$1.

### VOLUNTEERS TO HELP WITH HELIUM BALLOONS

Volunteers are needed to help with blowing up and tying helium balloons. If you are able to assist, please contact Fr. Ron as soon as possible. The work will begin at 1:00 p.m., December 24th. Depending on the number of volunteers, we should be done by 2:30 p.m.

### YOUTH GROUP

The Youth Group of Sacred Heart has been working very hard to bring some new ideas to our Church. First of all, the Youth Group has decided to put a mural on the walls of the Parish Center. We have been working with a great designer, and have decided to do a mural of our Catholic religion. Some of our plans include a gift-wrapping day for our parishioners while they're at Mass.

This will include fun activities for the children. Also, we are hoping to have a Christmas party. These are only a few of the many things that we have planned. We would love to have more teens join our group. We meet Monday nights after CCD and talk about many things. Come and join the fun!!!

\* \* \* \* \*

"Church News" is a regular feature of The Agawam Advertiser News...

\* \* \* \* \*

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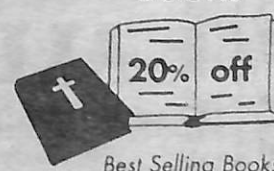
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**Hors D'oeuvres**

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**Salad -Baked Potato-Vegetable Medley**

**Noise Makers & Hats**

**CHAMPAGNE**

**Midnight Coffee and Dessert-**

**REMEMBER: BINGO- TUESDAY -**  
**NIGHTS AT - 6:45 p.m.**



*Church News - continued...*

## Annual Christmas Concert Slated At Sacred Heart Church

Sacred Heart Church in Feeding Hills is having its Christmas concert on Sunday, December 19th, at 7:00 p.m. in the church.

The senior and junior choirs will be presenting an "Evening of Christmas Music telling the Story of Christmas in Song." In addition to our choirs, our own singers will be doing solos and duets.

We have a new addition this year. Before the concert, we have a brass ensemble (made up of High School students from our parish) who will be playing some of our most familiar Christmas carols. So come early and enjoy our newly-formed "band."

Admission is free and all are welcome. Refreshments will be served in the Parish Center after the concert.

Please bring a non-perishable food item for the needy of our community.

## Chicken Supper This Saturday At Valley Community Church

Say "Bah" to hamburg and "God Bless Chickens Everyone" this Saturday, Dec. 11th at the Valley Community Church Chicken Supper.

It's not likely that Ebenezer Scrooge will attend, but Mr. & Mrs. "Santa" Hill have put together a "Christmas Carol Supper" that will have you and Tiny Tim jumping for joy.

No "Scrooging" on this menu, which consists of half a baked chicken, stuffing, cranberry sauce, potato, gravy, vegetables, salad, beverage, and homemade desserts that will put a smile on old Fezziwig.

The cost is \$8 for adults and \$4 for children - a price even the Cratchits can afford. So don't be tempted by the spirit of Christmas Past and miss out.

Join all the other joyous spirits who will be present in Dunn Hall at Valley Community Church, 152 S. Westfield St. in Feeding Hills, MA.

Call (413) 786-2445 for reservations to this, the last Chicken Supper before we see the millennium spirit of the future.

\* \* \*

*Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, ads, etc., that can be brought in on Mondays. Thank you...*

\* \* \*

## Nifty & Fifty!!!



**Remember This???**

Love,  
Ann Marie

## Parish Cupboard Seeks Donations For The Christmas Season

The Parish Cupboard needs for Christmas: toys, wrapping paper, ribbon, candy canes, and gift items for all ages.

In addition to the Christmas party, the Parish Cupboard boutique allows clients an opportunity to choose gifts for each member of the family. All services are FREE, always. This program alone will serve over 1,000 people.

The Parish Cupboard is also looking for turkeys and trimmings for the food baskets that are distributed through Operation Santa. Donations will be accepted weekdays between 8:00 a.m. and 3:00 p.m., or Wednesday evening until 6:30 p.m.

Cash donations are welcome at 1023 Main Street, West Springfield, where "neighbors helping neighbors" is a community effort.

## Catholic Women's Club Of Agawam To Hold Mystery Ride

The Catholic Women's Club of Agawam will hold a mystery ride on Monday, December 13th.

Members are requested to meet at Saint John the Evangelist parish center, 884 Main Street, Agawam, at 7:00 p.m. for a brief business meeting. After the meeting, members will travel by car in groups to a mystery destination.

Angela Beaudry is chairwoman for this event. Hospitality will be provided by Gloria Colby and her committee.

Members are requested to wear festive apparel. Please note the change of time for this month's Christmas meeting.

Do not miss it — it promises to be a fun-filled experience! New members are welcome.

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## Spotlight On Business

### Ho! Ho! Ho!...



ON SATURDAY, DECEMBER 4TH, Kris Kringle — a.k.a. Santa Claus — paid a visit to Kinney's Portrait Studio (located on the second floor at 335 Walnut Street Extension in Agawam) so that local children could have their photo taken with him. Pictured above with the jolly old elf is Samantha Kinney. Photo courtesy of Marnie Kinney.

For photo coverage in The AAN, call us at 786-7747 or 786-8137; however, please give us at least 72 hours' notice...



### COMMON SENSE

with

**Raymond Rose**

THE PIONEER GROUP

#### Mortgage Pre-Qualification - What Every Lender Wants To Know

Your income and debt are just two factors that a lender will consider in qualifying you for a home loan. Your credit record, employment history, the property appraisal, and title to the property will also be examined by the lender before you'll be given a loan.

#### REDUCING DEBT CAN INCREASE BUYING POWER

One way to increase your purchasing power is to reduce the amount of debt you are paying off before you attempt to qualify for a loan.

This can be accomplished by paying debts down or consolidating high-interest rate debts into one lower interest rate loan. If your ratios are marginal, talk to a portfolio lender.

Portfolio lenders don't sell their loans on the secondary money market, so they can be more flexible in their loan qualification guidelines.

#### NEED REAL ESTATE INFORMATION QUICKLY?

Do you want to know what mortgage programs are best for you? Do you want to know what your home is worth? Do you have family and friends who may be interested in buying/selling a home? Do you need assistance in relocating? Would you like information on the prices of homes that have sold in your neighborhood? Simply e-mail your request or call me today!

Raymond Rose is a resident of Agawam, and the Principal of THE PIONEER GROUP, a professional real estate and financial services firm serving home buyers and sellers throughout the area. Comments and questions can be directed to his office (731-6800) or his e-mail (RaymondRose@aol.com). Also, contact him via e-mail to receive his FREE online newsletter, THE PIONEER REPORT - Online. It's filled with enjoyable and informative info helping to "keep life simple." Thanks!



### Timely Tips On How To Manage Your Finances

by Sue & Charlie Alvanos  
Personal Financial Advisors  
American Express  
534-3883

#### Five Savvy Year-End Tax Moves

Have you ever approached the April 15th tax deadline with a pit in your stomach? After all, it's too late to change what you did last year, even though you may realize that not planning has cost you money.

The good news is that you still have time in 1999 to take actions that may make your tax burden lighter in the new millennium. Here are a few tips to consider:

1. **Invest in an IRA.** If you haven't revisited the idea of contributing to an IRA in the past couple of years, you're in for a pleasant surprise. The Taxpayer Relief Act of 1997 created some attractive changes.

The Roth IRA allow qualifying taxpayers to contribute up to \$2,000 for singles and \$4,000 for married couples. Even though your contributions aren't tax-deductible, withdrawals are tax-free — providing certain requirements are met.

In addition, if neither you nor your spouse participates in an employer plan, both of you may be able to fully deduct contributions to traditional IRAs, even if one spouse doesn't work outside the home. Furthermore, since 1998, if one spouse is covered by an employer plan, the other spouse may be able to make a deductible contribution if the couple's adjusted gross income is below \$150,000.

You have until April 17, 2000 (April 18th for Massachusetts residents) to fund your 1999 IRA, but remember — the sooner you make your contribution, the longer you'll have to accumulate potential investment earnings.

2. **Take advantage of lower long-term capital gains rates.** The capital gains tax rate for most investments held more than one year is 20 percent (10 percent for taxpayers in the 15 percent federal income tax bracket).

The gain on an investment held one year or less is taxed at the taxpayer's ordinary income tax rate — which could be as high as 39.6 percent. That's why it may make sense to sell appreciated assets that you've held more than one year if you plan to liquidate assets.

SEE ALVANOS - Page 21...

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Our Daily  
Bread

Be ready, for the Son  
of Man is coming at  
an hour you do not  
expect. —Mt. 24:44

A teacher told his class that he would be going away for several weeks, and he offered to give a prize to the student whose desk he found in the best order when he came back. But he didn't tell them what day he would return.

Because the prize was big, each child was determined to get it, including a little girl whose desk was normally quite messy. Her classmates jeered, "Mary, you'll never win. Your desk is never neat."

"Oh, I plan to clean it the first of every week from now on."

"But," someone said, "suppose he comes at the end of the week?"

"Then I'll clean it every morning."

"But," another classmate persisted,

"He may come at the end of the day."

For a moment the child was silent in thought. Then she said decidedly, "I know what I'll do. I'll just keep it clean!"

If we want to receive our Lord's approval at His return, we must always be ready. Jesus did not tell us to "get ready," but rather to "be ready" (Mt. 24:44). We are to live constantly in a state of spiritual preparedness, anticipating the moment when He will appear and ask us to give account of our stewardship.

Are you ready for His return? —Henry G. Bosch

If you could know that Jesus would appear

Before another morn should give its light,

Oh, would your heart be filled with joy or fear,

If you could know that He would come tonight? —Howard

JESUS COULD COME AT ANY TIME—  
SO BE READY ALL THE TIME!



## Decisions. Decisions. Decisions.

Your loved ones may make more than 120 decisions related to your funeral—most in the first 24 hours after your death. Fortunately, there's a way to avoid adding to their burden of grief. It's called preplanning, and with Curran-Jones & Family Considerations®, it's a simple process you can do today.

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Family  
Considerations





**Spotlight On Business - continued...**

ALVANOS - from Page 20...

3. **Offset capital gains with losses.** An individual's capital losses are fully deductible against gains, but any capital losses that exceed the capital gains can offset up to only \$3,000 in ordinary income each year. It's important to remember, though, that you can carry excess losses forward an unlimited time until the losses are exhausted.

If you have large capital gains in 1999, it may make sense to realize some offsetting losses on investments you no longer want to hold. On the other hand, if you expect losses in 2000, you could postpone realizing gains until then.

4. **Take advantage of tax credits.** In 1999, qualifying taxpayers can claim a child tax credit of \$500 for each child under age 18. Another non-refundable credit is also available for 20 percent or more (up to certain limits) of eligible employment-related child or dependent care for children under 13. But the credit isn't limited to children. If an elderly parent is your dependent and requires day care, the cost of that care may also qualify.

There are also two credits that you may be able to use to help with higher education expenses. The Hope Scholarship credit is available for payment of any student's first two years of post-secondary tuition and related expenses. The credit is 100 percent of the first \$1,000 of expenses, and 50 percent of the next \$1,000 for each student in your family who is enrolled at least

half-time.

The Lifetime Learning Credit can be used for qualified expenses for training to acquire job skills and for undergraduate and graduate coursework at eligible institutions. The credit is 20 percent up to \$5,000 of expenses, with a maximum credit of \$1,000 per return.

After 2002, the 20 percent credit will apply to up to \$10,000 in expenses. Keep in mind that all credits have income qualifications.

5. **Save taxes with gifting strategies.** This year, you can transfer as much as \$10,000 — \$20,000 for married couples — to as many individuals as you want without gift tax. This strategy works especially well if you transfer assets with significant appreciation. Here's why:

Rather than sell appreciated assets and pay tax on your gain, you can transfer the asset to a child or grandchild age 14 or older in a lower tax bracket. When the child sells the asset, the gain is realized at the child's income tax rate — which is most likely lower than yours.

As part of your tax-reduction strategy, you may also want to consider a year-end gift of appreciated assets, held for more than one year, to a charitable organization. By doing so, you not only avoid paying tax on your gain, but you can deduct the fully appreciated value of the gift from your income.

Don't wait until after the new year rolls in to make tax reduction a high priority. Now's a good time to consult a knowledgeable financial advisor and your attorney to make sure your tax strategy is in line with your other financial goals.

\* \* \* \* \*

*"Spotlight On Business" is a regular feature of The AAN and is just one more reason why you turn our pages...*

\* \* \* \* \*

*Please remember to patronize your local businesses this holiday season...*

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# Christmas Tree Sale

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## Agawam

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**Spotlight On Business - continued...****Legal  
Memo**

by

**Alan L. Ferrigno, Esq.**  
546 Springfield St., F.H.  
(413) 786-9454**Head-On Collision**

In 1997, the plaintiff was driving on a public way when an oncoming car allegedly crossed over the solid double yellow lines, and hit the plaintiff's vehicle head-on.

The plaintiff's car came to rest near the curb on the defendant's side of the road. The defendant's car came to rest against a telephone pole over the curb on the plaintiff's side of the road. Each party claimed that the other had crossed over the middle of the road and caused the accident. But an eyewitness traveling a few hundred feet behind the plaintiff supported the plaintiff's claim.

The plaintiff sustained severe and permanent injuries to his cervical spine. Initially, the plaintiff was diagnosed as a quadriplegic. He underwent immobilization with a halo traction device screwed into his skull and then surgery, including diskectomy, open reduction, and fusion with fibular strut and plate. The surgery was extremely successful and his status was upgraded to an incomplete quadriplegia.

The plaintiff was hospitalized on an inpatient basis for 14 days and then transferred to a rehabilitation hospital, where he remained confined for 41 days. While confined, the plaintiff continued to wear the halo immobilization device and undergo rehabilitative, physical, and occupational therapy. He also received psychological counseling. In the spring of 1997, he was discharged to home and continued to receive outpatient treatment.

The surgery had relieved pressure on the plaintiff's spinal cord, enabling him to regain use of his legs and arms. He regained his ability to walk with a cane. By the beginning of 1998, he resumed driving a car. Recovery eventually plateaued a year post-accident. The plaintiff continued to suffer permanent loss of cervical range of motion, burning and neurogenic pain to the C8 nerve distribution of both forearms and hands, and fine motor skills deficits in his hands.

The plaintiff's treating psychiatrist concluded 16 months post-injury that his physical deficits are permanent. The defendant's independent medical examiner agreed.

The plaintiff received a settlement of \$2 million (policy limit). He was also awarded special damages for medical bills and lost earning capacity, which totaled \$1,025,000.00.

**Attorney Alan L. Ferrigno maintains an office at 546 Springfield Street, Feeding Hills, Massachusetts. If you have a legal question, Attorney Ferrigno will attempt to address the same in this column. Please send any questions to the address listed above.**

**Pam Savioli****Landry, Lyons & Better  
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**"DOs" And "DON'Ts":  
Quick Hiding Places For Sellers...**

You just got a call that someone is coming to look at your home. With just a few minutes to tidy up, here are a few places to hide your clutter where buyers are the least likely to look:

- Under the bed.
  - In dresser drawers and chests.
  - Under or behind the couch (if it's up against a wall).
  - In the washer or dryer.
  - In the clothes hamper (with a lid).
- (Note: As a last resort, there's always the trunk of your car.)

Don't panic and hide things in places where buyers are most likely to inspect. These places need to be kept clean, uncluttered, and organized:

- Bedroom closets.
- Laundry room.
- Kitchen drawers.
- Kitchen pantry.
- Oven.

**PAM SAVIOLI is a Realtor with the professionalism, knowledge, and experience to help you buy or sell a home. Call her at (413) 748-7565 for a free consultation.**

**Best local news — AAN!!!****Agawam Chamber Of Commerce Discusses  
Partnership With Town's School System**

Rita Ducharme of EBTEC Corporation, chair of the Chamber Business/Education Committee, has announced that the Agawam Chamber of Commerce met recently with School Superintendent Frank Ameruso, members of the School Committee, and the administration to discuss renewed partnerships between Agawam businesses and the schools.

Ameruso has formed a steering committee to determine a partnership mission and a course of action. The committee will meet in December to consider a match of the needs of the schools with the resources of business.

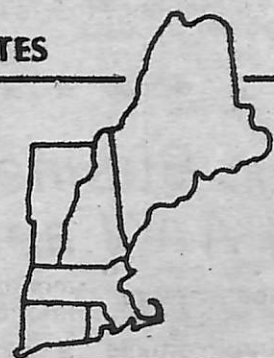
The Chamber committee will share suggestions and examples of successful business/education projects from partnerships in neighboring chambers, including a "Teachers in the Workplace" project that helps identify funding for teachers to spend a day in the workplace to learn

first-hand what employers will need from graduating seniors to be ready to work.

Another project that has had local success is a storeroom-to-classroom project, where a chamber promotes the collection and distribution of surplus supplies from businesses.

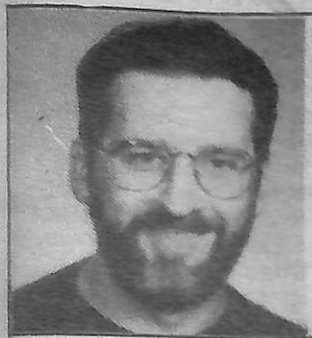
Separately, the Agawam Chamber has an annual student scholarship program in place. Businesses support the Renaissance program, and the Chamber has also assisted Carol Grady (School-to-Career coordinator at Agawam High School's Career Center) in organizing business interest in student after-school internships.

Area businesses that may have an interest in assisting the Chamber in its partnership with the schools should contact Rita Ducharme at EBTEC Corporation at 786-0393, or call the Chamber at 787-1555.

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## For Your Health



### "Let's Talk About It"

by Dan Pender  
Marriage &  
Family Therapist  
P.O. Box 449  
Agawam, MA 01001  
(413) 789-4460

### When You Feel Like A Dog.

Do you ever feel like a dog relentlessly spinning after her tail? Perhaps you notice how she pauses just enough to catch her breath, only to renew the chase for her elusive tail. It's right there. She sees it. She can nearly bite it. She can smell it, but just can't catch it. The harder she tries, the faster her tail spins until all control is lost and dizziness takes over. Only later to get up to ponder her next attempt.

Do you ever feel like you are chasing after your 'self'? Relentlessly attempting to slow yourself down enough to embrace yourself? Do you live life as if you know who you are and even others, for that matter?

Are you running, scrambling to get the perfect gift or any gift, hoping there will be an exchange on the other end of your giving?

Do the holidays feel like the 'great' chase?

The chase to get it all in? Hoping against hope that there's energy left over to bring in the new millennium?

Do you pause long enough to ask what all this preparation is for? Please, take a moment now!

I believe there is no worse feeling in life than the real experience of feeling like you have no choice. No choice but to chase without capture.

The high incidence of suicide during the holidays is a testament to this feeling like there are no choices, no way of making a difference, no way of making something or someone change. And most importantly, the feeling that there is no way of changing yourself!

SEE PENDER - Page 24...

## Educational Series For New Diabetics At Mercy Hospital

Newly diagnosed diabetics will benefit from a four-part educational series being conducted in December at Mercy Hospital.

The free series will take place December 13th-16th, 2:30-3:30 p.m., in the hospital's Deliso Conference Center, 299 Carew St. Sessions will provide an introduction to diabetes, dietary guidelines, a review of diabetes medications, and an overview of complications related to the condition.

Registration is required; call Mercy Hospital's Patient Education Department, (413) 748-9024, and leave your name and telephone number.

The Sisters of Providence Health System (SPHS) is a founding member of Catholic Health East, one of the nation's largest health care systems. Catholic Health East facilities serve communities in eastern states from Maine to Florida.

The SPHS' member organizations provide hospital and ambulatory care, rehabilitation, behavioral health services, nursing home care, retirement living, employee health services, home care, and more.

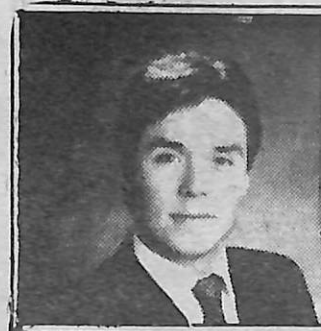
## Support Group For Essential Tremors

The tremors of E.T. cause a shaking of the arms, hands, head, or voice. There is no known cause, but it is a disability of the nervous system.

There is a support group that meets once a month at the Senior Center in Chicopee. We share information and have speakers on the topic to keep us up to date.

All are welcome to come and there is no charge. We are the only Support Group in Western Massachusetts. The Essential Tremor Foundation is an international, non-profit organization.

For more information, call Judy Kennedy at 413-594-7674. The next meeting will be held December 22nd at 6:00 p.m.



## Your Back And Your Health

by Dr. Joseph  
S. Schlaffer  
Chiropractic Offices  
192 Shoemaker Lane  
Agawam

### Some Tips To Assist The Body's Healing Process...

Once in pain or afflicted with a spinal condition, a patient seeks to get well as quickly as possible. Often they want to know what can be done to speed the healing process.

Since many problems are often the result of years of neglect or improper activities, the answer is not simple.

While there aren't any shortcuts to speed your body's natural healing process, here are some things you can do to give yourself the best chance of a quick recovery.

Learn proper sitting and lifting methods. Specific exercises may be suggested to help retrain the muscles that support your spine.

Proper rest is an important aspect of the healing process, too. Get the appropriate amount of rest your body needs and avoid sleeping on your stomach.

During the healing process, proper nutrition is more important than ever. Make sure you eat balanced meals, and if you're overweight, now would be a good time to slim down and reduce unnecessary stresses to your spine.

Perhaps most important of all, keep your appointments and follow your chiropractic doctor's recommendation for optimum results.

Dr. Joseph Schlaffer and his wife, Dr. Katherine Schlaffer, have been helping sick people get well, naturally, for over 20 years. Call 789-1369 or 789-1073 for an appointment.

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**For Your Health - continued...****Support Groups,  
Courses, & Programs  
At Noble Hospital****SUPPORT GROUPS**

**Alcoholics Anonymous:** Sunday evenings, 8:00 to 9:00 p.m. In Conference Room A at Noble Hospital, 115 West Silver Street, Westfield.

Free of charge. All are welcome.

**Diabetes:** Tuesday, December 28th, 1:00 to 2:30 p.m. In Conference Room A at Noble Hospital.

Izzy Gezell of Wide Angle Humor presents "Becoming Lighthearted: Managing Stress and Change through Humor."

Free of charge and open to individuals who have diabetes and their support persons.

For more information, call (413) 572-5178.

**Bereavement Group:** Wednesday, December 15th, 6:30 to 7:30 p.m. In the Bronson Music Room at Noble Hospital.

On the first, second, and third Wednesdays of every month, Noble Visiting Nurse and Hospice Services offers this support group for people who have experienced the death of a loved one within the past year. We invite all Hospice families and anyone in the community to participate.

For more information, please call Kim Cressotti, R.N., at Noble Visiting Nurse and Hospice Services at (413) 562-7049.

**Caregivers' Support Group:** Wednesday, December 29th, 4:00 to 5:00 p.m. In the Bronson Music Room at Noble Hospital.

On the second and last Wednesdays of each month, Noble Visiting Nurse and Hospice Services offers this group for those who are caring for someone with a life-threatening illness. Hospice families, staff, and community members are invited to participate.

Call Kim Cressotti, R.N., at Noble Visiting Nurse and Hospice Services for more information at (413) 562-7049.

**PROGRAMS/COURSES/CLINICS**

**Smoking Cessation Program For The New Year - "Forgetting Cigarettes" with Joseph Barako, R.N., Certified Hypnotherapist:** Sundays, January 9th and 16th, 7:00 to 8:30 p.m. In the Bronson Music Room at Noble Hospital.

This two-part program uses hypnosis to eliminate your desire for smoking and allows you to forget cigarettes. The registration fee for this program is \$40 and is paid the evening of the first session.

Seating is limited, and pre-registration is necessary. To pre-register or for more information, call Noble Hospital's HEALTH BEAT at (413) 568-2328.

**SPECIAL OFFER FOR NEW SUBSCRIBERS: A January-June subscription costs just \$12 (or \$20 for two). Call us at 786-7747 or 786-8137.**

\* \* \*

**Fitness  
Tips...**

by  
**Carmela Kirk, R.N.**  
Fitness Director  
Fitness First

**Calories Were Meant To Burn...**

Any extra calories that you take in are stored as fat. It's very simple and (especially this time of year) very important to remember. Calories in versus calories out; it doesn't get much easier.

It is important to watch out for hidden calories. It is important to spread out your calories. It is important to BURN your calories.

The exact amount of calories you need can be accumulated and adjusted to your activity level and goals. For now, I'm going to talk about some easy ways to decrease calories in and increase the calories out.

We all know how easy it is to take in extra calories this time of year. Some are hidden as gravies and sauces. Some are invisible, but you know they are there. The butter in the cookies, the eggs in the cake add up to serious calories.

The problem is these high-calorie things don't fill us up too much or give us much nutrients. They simply add up. Try being acutely aware of everything you put in your mouth.

It is okay to enjoy your food — just don't give in to over-enjoyment. (Yes, I have made up another word, but it is my article and I can.) Pick up a good calorie counting book, and start learning some numbers. It may surprise you.

When you eat is important, too. Your body will only use what it needs at that time. One meal consisting of 1,500 calories will be your worst enemy. Your body will use about 400 and store the rest as fat.

Four meals throughout the day totaling 1,500 calories will be consistently burned and used up, storing very little as fat. If you know you're going to have a big meal, don't skip the others, don't go into the meal very hungry, choose wisely.

Now, you need to burn the calories, and how you do it is your choice. You are burning calories at all times. The more you weigh, the more you burn. The more of your body mass that is muscle, the more you burn (even at rest). The more of your body mass that is fat, the less you burn.

Aerobic activity burns the most calories per hour as opposed to resistance training. Resistance training helps you burn more calories throughout the day. As you can see, both are very important.

Different activities burn different amounts. A 40 year-old man at 170 pounds, with a body fat of 13 percent, will burn 193 calories in 30 minutes while walking. This same man will burn 214 cycling. He will burn 509 if he runs for 30 minutes.

Your choices always make a difference. Choose the more uncomfortable activities. Choose things that use a lot of energy for you.

Calories are energy. Stored-up energy is fat. So you see, calories were meant to burn.

**PENDER - from Page 23...**

Taking your life may feel like the only choice, the only option, the only way of catching your tail. Perhaps the only way of getting to hold your 'self'?

Healthy self-holding, self-nurturing, even self-soothing seem impossible. These must be just some nice phrases someone made up to trick us into thinking we can really slow down enough to know, to really know who I am. Someone who is worthy of, at least, my own love.

Is this all an illusion? Is holding your 'self,' loving your 'self' a fantasy somebody put out there so as to be entertained by our appearing like a dog chasing herself?

If you keep the pace up, don't slow down enough to really prepare and keep taking everyone else into consideration except yourself; then surely you're ready for the promise of the new millennium: faster technology and mastery over others and our environment.

What if we don't slow down? Slow down enough to know ourselves and one another. If you think it is easy to pass by a stranger now, just wait a few weeks to see and smell the societal tail chasing itself.

The complexity of holding your 'self.'

"Let's Talk about it" is a regular weekly feature from Dan Pender, MA., M.F.T. Marriage & Family Therapist. Dan maintains a private practice in Agawam, MA. He is a Clinical member of the American Association of Marriage & Family Therapy. He is also a local professional Church educator and can be reached by e-mail (AOL screen name: dpmft449) or P.O. Box 449, Agawam, MA 01001, (413) 789-4460. Please respond with your feedback, relationship questions and topics and "Let Talk about it."

**Cholesterol And Blood  
Glucose Screenings  
At Mercy Hospital**

Mercy Hospital will conduct cholesterol and blood glucose screenings Thursday, December 30th from 8:00-10:00 a.m. in the Memorial House Auditorium on the hospital campus, 271 Carew St.

There is a \$10 donation for the cholesterol screening; a \$2 donation is requested for the blood glucose screening. Fasting for 12 hours (water is allowed) prior to testing is recommended; results will be mailed to participants.

No advance registration is required. For more information, call the Patient Education Department, (413) 748-9024, weekdays between 8:00 and 9:00 a.m., or leave a message.

Mercy Hospital is a member of the Sisters of Providence Health System (SPHS). The SPHS' member organizations provide hospital and ambulatory care, rehabilitation, behavioral health services, nursing home care, retirement living, employee health services, home care, and more.

\*\*\*\*\*

**Cathy  
Christopher -  
50!!!****Gotcha, Gotcha...**

Love Ya,  
Ma & Tina

\*\*\*\*\*

... when it is hard to hold  
onto your 'self'.

Read more about this in today's **FOR YOUR HEALTH** column.

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Couple &  
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## For Your Health - continued...



## Food for Thought

by Nancy Dell  
Registered Dietician

### Soy Products May Reduce The Risk Of Heart Disease

Soy - it's not just for vegetarians anymore. In fact, the health benefits of soy are so strong, the Food and Drug Administration has given the green light for soy products to place health claims on their packaging, stating that 25 grams of soy protein a day may reduce the risk of heart disease.

Coronary heart disease is the leading cause of mortality in this country, including in women. Lowering high blood cholesterol through a diet low in saturated fat and cholesterol is a good way to reduce that risk. Clinical studies have shown that adding soy to the diet helps to lower LDL cholesterol - the bad cholesterol - so adding soy to your diet can be a smart way to improve your health.

Beth Sharkey started making soy a mainstay in her diet two years ago. Like Beth, many health conscious consumers can't ignore the obvious heart-healthy. Beth Sharkey says, "It's pretty much a no-brainer for me. If there's a food out there that's low in fat and calories, reduces my cholesterol and my risk of heart disease, and tastes great, I'm going to eat it. I feel better physically and I feel better knowing I'm doing something great for my family's health and my health."

Mollie Katzen, *New York Times* best-selling cookbook author and host of her own PBS cooking show, has been incorporating soy into her meatless recipes for years. There's a whole new generation of really good soy products that are easy to find, easy to fix.

There's really good meatless burgers, like Boca Burgers. They have between 10-11 grams of soy protein per serving. That's almost half of what you need in a given day - so it's really easy and they taste like regular hamburgers. There's also a lot of good energy bars that are very popular - most of them have soy protein.

You can also put soy milk in your cereal just as you would any other kind of milk, or in your shakes. It's really accessible and delicious. Katzen says, "You can get 25 grams of soy in your diet every day without drastically changing the way you eat."

For instance:

- For Breakfast: Have soy milk in your cereal, a soy-based breakfast sausage, or a soy energy bar.
- For Lunch: A meatless Boca burger or a fruit smoothie with soy protein powder.
- For Dinner: Add a soy ground beef substitute to your favorite pasta or tofu to stir-fry.

For a free copy of Mollie's tips on "How To Enjoy Soy," you can visit her website at [WWW.MOLLIEKATZEN.COM](http://WWW.MOLLIEKATZEN.COM). Eating soy may be one of the easiest heart-healthy changes you make in the new millennium.

Nancy Dell, MS, is a registered dietitian in private practice in Feeding Hills and the media representative for the Massachusetts Dietetic Association. She can be reached at 850 Springfield St., Suite 4, Feeding Hills, MA 01030; (413) 786-2957. Accepting Tufts, Secure Horizons, and Harvard Pilgrim.

\* \* \*

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, ads, etc., that can be brought in on Mondays. Thank you...

\* \* \*

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## Pulmonary Support Group To Meet On December 22nd At Mercy Hospital

Mercy Hospital's Pulmonary Support Group will meet Wednesday, December 22nd, from 1:00-3:00 p.m. in the hospital's Deliso Conference Center, 299 Carew St.

The free group is co-sponsored by the Lung Association, and is designed for those who feel physically or emotionally limited by breathing problems such as asthma, chronic bronchitis, and emphysema.

Meetings offer individuals, their families, and friends the opportunity to share problems and solutions. An informal social period with refreshments is also part of each session.

For more information, call Pulmonary/Neurology Services at Mercy Hospital, (413) 748-9669.

Mercy Hospital is a member of the Sisters of Providence Health System (SPHS). The SPHS' member organizations provide hospital and ambulatory care, rehabilitation, behavioral health services, nursing home care, retirement living, employee health services, home care, and more.

The SPHS is a founding member of Catholic Health East, one of the nation's largest health care systems. Catholic Health East facilities serve communities in eastern states from Maine to Florida.

For photo coverage in The AAN, call us at 786-7747 or 786-8137; however, please give us at least 72 hours' notice. Thank you for your cooperation...

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## For Your Health - continued...

Tips From The SAFE KIDS Coalition...

# Some Precautions To Take When Decorating For The Holidays

Whatever way you celebrate the holidays, remember to take certain safety precautions to help keep the holidays safe, warns the Western Massachusetts SAFE KIDS Coalition headquartered at Baystate Medical Center Children's Hospital.

"Parents and caregivers are often very busy preparing for festivities and may forget to think about potential hazards in the home," said Shirley LaRoche, R.N., coordinator, Western Massachusetts SAFE KIDS Coalition.

The local chapter of SAFE KIDS recommends the following safety tips to keep your holiday season safe:

### LIGHTS AND CANDLES:

- Decorate your tree using only UL (Underwriters' Lab Inc.) approved lights and cords. Inspect the lights for exposed or frayed wires, loose connections, or broken sockets. Use no more than three strings of lights on one extension cord, and never run an electrical cord under a carpet. Be sure to secure electrical cords so that children cannot pull them and topple the tree.
- Turn off tree lights when you go to bed or leave the house.
- Keep burning candles, matches, and lighters out of children's reach.
- Do not place candles near draperies or anything that might catch fire.
- After building a fire in the fireplace, always use a screen and never leave young children unattended in the room.
- Install smoke alarms in your home and test them once a month and replace the batteries at least once a year. Home fires and home fire-related deaths are more likely to occur during the cold-weather months.

### CHRISTMAS TREES:

- Look for a fresh tree if you choose to buy a natural tree. Fresh trees are less likely to catch fire than older trees. (A safer option is to buy a fire-resistant, artificial tree.)
- Keep live trees in a full container of water and check it daily.
- Keep tree away from heat sources such as fireplaces, radiators, or heating vents.
- Trim lower branches to avoid eye injuries to small children.
- Use a wide-based stand to keep your tree from toppling.
- Cover the tree basin with a tree skirt.
- Decorate your tree with children in mind. Do not put breakable ornaments, ornaments with small and/or detachable parts, or ornaments that look like food or candy on the lower branches where small children can reach them. Also, make sure tree lights are hung out of reach of young children.
- Avoid using artificial snow sprays which can cause lung irritation.

- Never burn Christmas tree branches, treated wood, or wrapping paper in your fireplace.
- Dispose of your tree properly after the holidays.

### HOLIDAY FOODS AND ORNAMENTS:

Some foods and objects pose a choking hazard to young children, especially children under age five. To help prevent unintentional choking during the holidays:

- Keep round, hard foods and candies such as candy cane pieces, mints, nuts, and popcorn out of reach of children under age five.
- Keep small ornaments, tinsel, small figurines, and other decorations away from children's reach. Young children have a tendency to put everything in their mouths.

### POISONS:

- Keep poisonous plants out of reach. Some poisonous holiday plants include: Amaryllis, Azalea, Boxwood, Christmas Rose, Crown of Thorns, English Ivy, and Jerusalem Cherry. Watch for Holly and Mistletoe berries that fall on the ground because they are poisonous. Contrary to popular belief, Poinsettias are not poisonous, but they may cause skin irritation and intense gastrointestinal distress.
- Keep alcoholic drinks and containers out of reach. Do not leave alcoholic drinks, such as eggnog that may contain alcohol, unattended since they may be harmful to young children if swallowed.
- Keep common baking ingredients such as vanilla and almond extract out of reach. They contain high levels of alcohol and may be harmful to children if swallowed.
- Beware of fire salts used in fireplaces to produce colored flames. They contain heavy metals and cause intense gastrointestinal irritation or vomiting if eaten.
- Dispose of colored wrapping paper immediately. It may contain lead and other materials toxic to small children if chewed.
- Open the flue in your fireplace when burning a fire to provide adequate ventilation. The risk of carbon monoxide poisoning increases dramatically in the winter. Proper ventilation reduces the risk of carbon monoxide poisoning. Have all fuel-burning appliances checked annually before use in cold-weather months. Install UL-approved carbon monoxide detectors in your home.
- List poison control center and emergency medical service phone numbers by all telephones. In addition, leave a phone number for babysitters so they can reach you if you go out to a holiday party.
- Keep ipecac syrup in the home to induce vomiting. Use only on the advice of a poison control center or a physician.

For more information on child and holiday safety, call LaRoche at 794-5434.



**Chiropractic Care**  
by  
**Dr. Tami Nelson**  
Chiropractic  
Physician  
Hampden County  
Chiropractic  
850 Springfield St.  
Feeding Hills  
786-4820

### Size An Advantage

It's interesting when someone first meets me and discovers I'm a chiropractor. The first comment I get is, "You're so small. How do you adjust patients?" Then after I work on them, they say, "Wow, you're so strong for your size."

I have found that being petite has been an advantage. Initially, I didn't think it was. When in chiropractic college, the mostly male instructors would demonstrate how to adjust specific joints, then the students would repeat the motion and get results. I tended to have a more difficult time achieving the same results as the instructor.

Instead of just copying the instructor's technique, I had to really learn how the specific joint moved, which muscles moved the joint and what caused the joint to be restricted. Then I had to develop ways to move the joint. I found it was harder to adjust a segment if the muscle was tight. So I learned techniques to massage a tight muscle, then found the joint moved so much easier. Instead of adjusting when a patient was in spasm, I learned to relax the muscle spasm first, then gently manipulate the joint.

In fact, a new patient recently stated, "Wow, of all the chiropractors I've seen, you have so many different ways to adjust and different techniques." Every body is different and each requires a different technique. Over the years, to compensate for my size, I've developed not only strength, but also style and finesse.

I've found that it's not just strength to move the joints in a body that is required, but the knowledge to utilize the patient's body in the optimum way to achieve results. Bodies are fascinating. Each is unique and each requires individual attention.

This is what makes my job so interesting. Each person that comes in is different and requires individual care. Fortunately, my size has been an asset in the learning process of others. I will never complain about it again (except, of course, at parades, in crowds, etc...)

**"For Your Health" is a regular feature of The Agawam Advertiser News...**

\*\*\*

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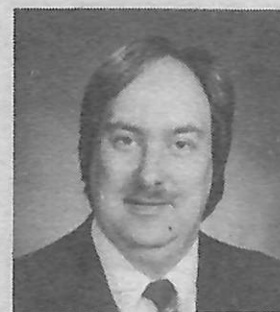
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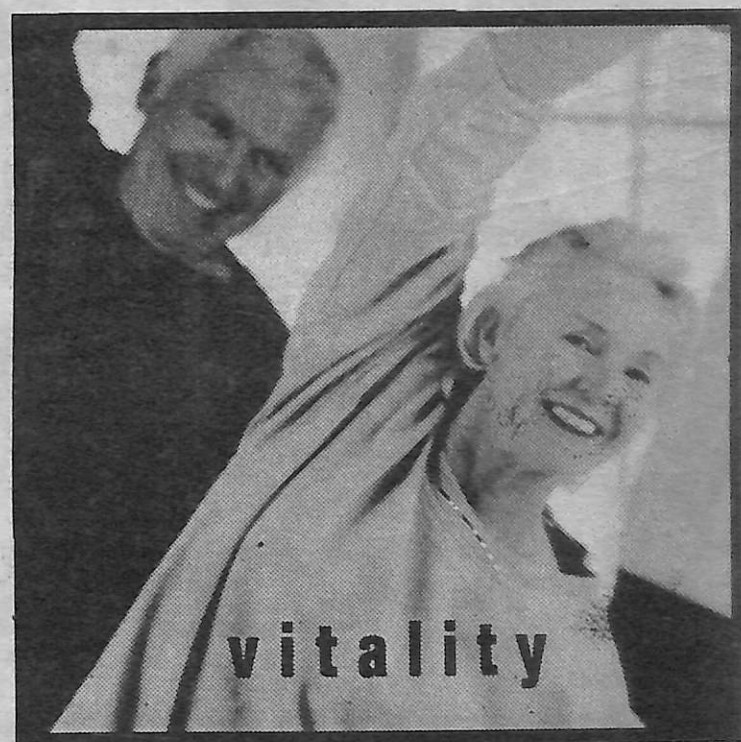
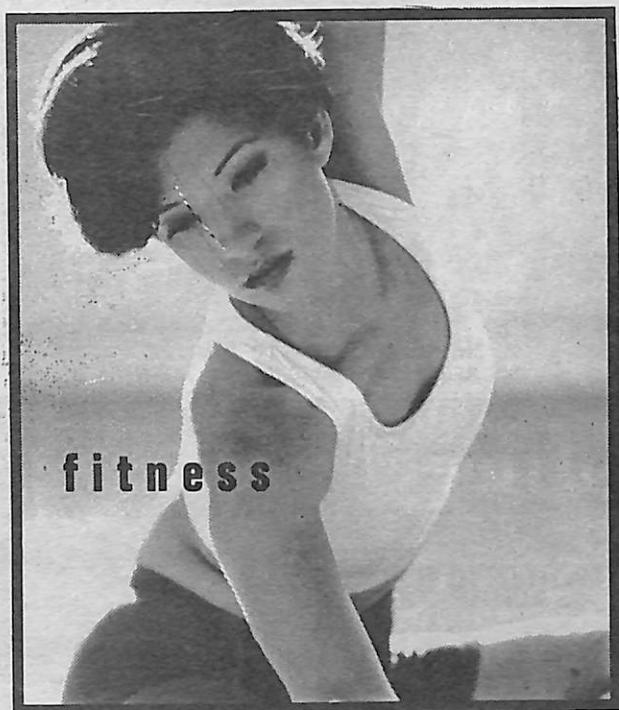
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# Arts

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1	SPAS	5	AMID	9	DAVID
14	WORE	15	BARE	16	ELITE
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### ACROSS

- 1 Arab cloaks
- 5 Fire or white event
- 9 All-time home run king
- 14 Shoppers' mecca
- 15 Athena's title
- 16 Andes beast
- 17 Region
- 18 Woosnam and Fleming
- 19 Flat hat in Paree
- 20 Type of attitude
- 23 Writer Anita
- 24 Play signor
- 25 Plate visitors
- 29 To and —
- 30 T.V. guide notation
- 33 Busy as —
- 34 Equal
- 35 Mole
- 36 Fierce marsupials
- 41 Educated guess (abbr.)
- 42 Hockey milieu
- 43 Natase of tennis
- 44 — Plaines
- 45 Map info for short
- 46 Weatherman's radar
- 49 Pose
- 50 Prefix for dynamics
- 51 Monotonous rapid drumming
- 56 "—Na" (rock group)
- 58 State (Fr.)

### DOWN

- 59 Fine steed
- 61 Christmas song
- 62 Sandusky's water-front
- 63 Lop off
- 64 Roman roads
- 65 Howard and Cey
- 66 Hostess Maxwell
- 1 G.P.'s org.
- 2 The — of Avon
- 3 Sheltered side
- 4 Serb
- 5 Popeye for one
- 6 Los —, N.M.
- 7 Horne et al
- 8 "— Rider"
- 9 Tuna
- 10 On one's toes
- 11 Cooking order
- 12 Cockney's abode
- 13 — King Cole
- 21 — de France
- 22 Showed concern
- 25 With — breath
- 26 Demean
- 27 End of term events
- 28 Pro —
- 29 Bog
- 30 Rugged fabric
- 31 Prove false
- 32 Goose genus
- 34 India's neighbor (abbr.)
- 37 O'Hare postings

## Meet The Master - by Dick Mastroianni...

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- 38 Capone sidekick Frank
- 39 Chemical suffix
- 40 Limo rider
- 46 Hold in custody
- 47 Makes a speech
- 48 What ante builds
- 49 Spanish gent
- 50 Nolan Ryan once

- 51 Vermitture
- 52 Ogile
- 53 Record
- 54 Exam type
- 55 Uses a dory
- 56 — fit
- 57 Head covering
- 60 Actress Arthur

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## Great Pretenders To Perform For Seniors This Sat.

Jerry and Cil Millette of Agawam and THE GREAT PRETENDERS, a local community theater group, will dedicate this coming Saturday afternoon, December 11th, to entertaining senior citizens.

The group's choir, led by Laura Lezon, will Christmas carol for area seniors beginning in Agawam at the Senior Center and through Meadowbrook Manor at 1:00 p.m. From there, they will sing in the North Building at Heritage Hall Nursing Home and then proceed to Heritage Woods, where they will carol around the buildings, ending in the carport in front of the building.

At 4:30 p.m., they will sing for residents at Glenmeadow in Longmeadow prior to their dinner hour.

The Great Pretenders is a Western Massachusetts non-profit community theater group, performing at the Longmeadow Community twice a year. Last Sunday, they sang at the Holiday Tree Lighting Ceremony (sponsored by the Town of Agawam Parks & Recreation Department and the Agawam Cultural Council) at Veterans' Green in front of Phelps School.

## Auditions Slated For STAGE's Mid-Winter Musical

STAGE's Teen Theatre Ensemble will hold auditions for its mid-winter musical production, "Pictures At An Exhibition," on Sunday, December 19th, 7:00-9:00 p.m. at The Red Door Theatre.

Auditioners must be between the ages of 14 and 21 and available to perform the show dates, January 28th and 29th at 7:30 p.m. and January 30th at 2:00 p.m.

There are a limited number of non-singing roles, though all auditioners should prepare a short musical number and bring music or a karaoke tape. An accompanist will be provided.

"Pictures At An Exhibition" is a musical tour through an art museum with songs of various styles and moods performed to coordinate with large slide projections of great works of art.

Lyle Pearsons and Margie Secora will direct this first production of the millennium for The Red Door Theatre, located at 152 S. Westfield St., Feeding Hills, MA. Call (413) 789-2026 for more information.

\* \* \*

You turn our pages for all  
the hometown news...

\* \* \*

From Baystate Medical Center...

## More Holiday Recipes From Agawam's Peter Savenko — The "Healthful Gourmet"

In this week's edition of *The AAN*, Peter Savenko of Agawam, Baystate Medical Center's Healthful Gourmet, offers more "healthful" recipes for you and your family to enjoy this holiday season.

### ROAST TURKEY

Yield: 1 big family

#### Ingredients

25 lb. turkey (well-thawed)

3 tbsp. onion powder

Prior to roasting the turkey, the following steps must be followed:

1. Turkey must be completely thawed under refrigeration prior to roasting. This can be accomplished by moving the turkey from the freezer 3 days prior to roasting and placing it in a shallow roasting pan where it can thaw in your refrigerator.

2. Remove neck and giblets from cavity of turkey.

3. Rinse interior and exterior of turkey thoroughly with cold water.

The turkey is now ready to be roasted.

Preheat your oven to 250°F. Dust the turkey with the onion powder and then place the turkey breast down on wire rack in roasting pan. Place turkey into oven at 250°F for 10 hours.

After 10 hours, turn turkey over breast side up. Increase oven temperature to 350°F. Put turkey back into the oven for 1 hour. Check internal temperature (in thigh). Temperature should read 160°F. If it does not read this temperature, put the turkey back in until it reaches the 160°F temperature.

### CRANBERRY-ORANGE RELISH

Yield: 8 servings (65 calories per 1/4 cup serving)

#### Ingredients

2 cups fresh cranberries, finely chopped

2 tbsp. grated orange rind

1 medium orange, peeled, sectioned, seeded, and chopped

1 medium-size green apple, cored and finely chopped

1/3 cup sugar

1/4 teaspoon ground ginger

1/4 teaspoon ground nutmeg

Combine all ingredients in a medium bowl; stir well. Cover and chill overnight.

### MOIST BREAD STUFFING

Yield: 10 cups

#### Ingredients

1 cup whipped margarine

2 cups diced celery

1 1/2 cups chopped onions

1/4 cup minced parsley

3/4 cup cholesterol-free egg substitute

2 tsp. poultry seasoning

1/2 tsp. pepper

18 cups white bread cubes

2 1/4 tsp. salt

In 8-quart Dutch oven over medium heat, cook celery and onions in hot whipped margarine until tender, about 10 minutes.

Add parsley, salt, poultry seasoning, and pepper; stir well until thoroughly mixed. Stir in bread cubes and cholesterol-free egg substitute; mix together well.

Bake for 45 minutes at 350°F.

### FRESH BAKED SWEET POTATO

Yield: 6 portions

#### Ingredients

6 fresh sweet potatoes (washed)

6 tsp. margarine

Preheat oven to 400°F. Place sweet potatoes onto a sheet pan. Place sheet pan into oven for approximately 1 hour or until sweet potatoes are done.

Serve with margarine.

### STRAWBERRY TOFU PUDDING

Yield: 4 1/2 cup servings

#### Ingredients

1 cup tofu, drained

2 cup fresh strawberries, stems removed, washed

2 tbsp. granulated sugar

Combine all of the above ingredients into a blender cup.

Blend at high speed for approximately 1 minute or until mixture is smooth and creamy.

Chill and serve.

## Christmas Season Activities For Local Youngsters Announced By Agawam Library

Kids aged four and up can register for the Agawam Public Library's afternoon HOLIDAY CRAFT WORKSHOP.

We'll make tree ornaments, create some greeting cards, and prepare a seasonal snack. Choose either Wednesday, December 15th or Thursday, December 16th from 4:00-4:45 p.m. and register in person or by phone.

On Saturday, December 18th from 11:00

a.m.-12:00 noon, MRS. CLAUS is coming to visit. She will collect "wish lists" for Santa, and bring us some news from the North Pole, as well as a story or two.

She is sure to delight all "true believers," as well as the grown-ups. Youngsters aged three and up can sign-up for the program in person or by phone.

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## Education

Awarded By Westfield Bank...

### Westfield State Students Receive Scholarships

Westfield Bank President Donald A. Williams recently announced the awarding of five \$1,000 scholarships to Westfield State College students.

Williams noted, "We are pleased to be able to help five local area young people pursue their academic goals. Students are selected based on financial need, scholastic accomplishments, and live within our local community area." This marks the second year that the Bank has provided this scholarship opportunity.

At a recent reception hosted at the College by the Westfield State College Foundation, Inc., the award winners were announced. They included Darbie Beaulieu of Westfield; Heather Forgette of Southwick; Heidi Hersey of Agawam; Elaina Lempke of West Springfield; and Melinda Shaw from East Longmeadow.

James Hagan, Vice-President and Commercial Loan Department Manager at the Bank, was on hand to present the scholarships. He stated, "As a Trustee of the College and employee of the Bank, I am extremely pleased and honored to be able to support a worthy cause such as helping local students obtain a quality education at a local college."

All of the recipients expressed their appreciation for the support given to them by Westfield Bank as they seek to further their learning opportunities.

Westfield Bank, headquartered in Westfield since 1853, is a locally owned and managed, full-service commercial bank. The Bank has assets in excess of \$630 million and maintains offices in Agawam, East Longmeadow, Southwick, Springfield, and West Springfield.



PICTURED FROM LEFT TO RIGHT: Elaina Lempke of West Springfield, Melinda Shaw of East Longmeadow, James Huffmire (Business Development Officer for Westfield Bank), James Hagan (Westfield Bank Vice-President), and Heidi Hersey of Agawam. (Missing from photo: Heather Forgette of Southwick.)

### Locals Attain High Honors At Spfld. Christian School

Mike Schnepf of Agawam and Lauren Heiden of Feeding Hills were among those students who attained "high honors" for the first term at the Springfield Christian School.

### Auction Raises Nearly \$7,000 For Computers At The Middle School

The Agawam Middle School PTO raised about \$7,000 at its auction last Friday night (December 3rd) at the Polish-American Club in Feeding Hills. The proceeds are to go towards purchasing new computers for the Middle School.

Chairperson Lynn Daniels did an outstanding job of collecting autographed sports memorabilia from the Boston Bruins and Celtics, New England Patriots, Philadelphia Flyers, New Jersey Devils, Yogi Berra, and Bobby Orr, as well as hundreds of

other items.

Thanks to her many hours of work and those on her committee, the school will be able to purchase about 10 new computers for the students for the millennium.

A very big thank you to all the local businesses that donated items or money to the Agawam Middle School auction. Your support is truly appreciated.

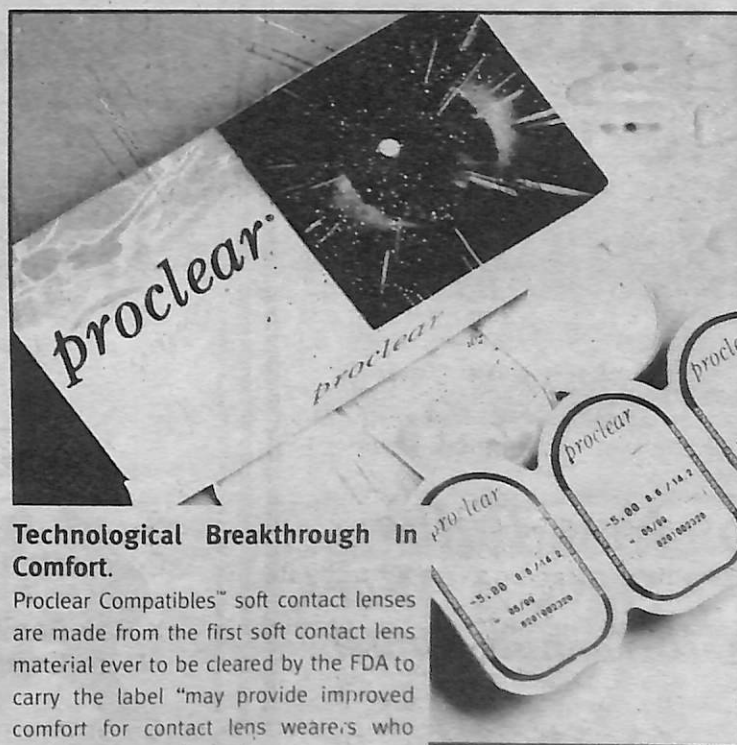
**Agawam Unico & Unico Charities 3RD Annual Pancake Breakfast with SANTA**

**Sunday, Dec. 12th**  
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At Phelps School...

## Fourth-Graders' Breakfast Celebrates Thanksgiving Holiday

Mrs. Dukeshire's class at Phelps School recently celebrated the Thanksgiving holiday with the annual Thanksgiving breakfast.

Over 30 people (including students, teachers, administrators, and support personnel) enjoyed the feast. The fourth-graders cooked pancakes and sausages that were served with muffins, breads, and juice.

Dr. John Brosnan, Director of Special Services, was honored at the breakfast. Dr. Brosnan, who will be retiring at the end of December, was recognized by the students with the book *Pancakes for Breakfast* by Tomie dePaola, which will be donated to the school library in his name.

After breakfast, students shared with their guests what they learned about family members and ancestors who left their native homeland for a better way of life. Their social studies projects included family photos, certificates of citizenship, recipes from other countries, and dioramas depicting arrivals in a new land.

## Todd R. Zern Named To "Who's Who" At WNEC

Todd R. Zern of Agawam was named to the 2000 edition of *Who's Who Among Students in American Universities and Colleges*. Zern is a junior management major at Western New England College. He is the son of Ted and Roxanne Zern of Feeding Hills.

Campus nominating committees and editors of the annual directory have included the names of these students based on their academic achievement, service to the community, leadership in cocurricular activities, and potential for continued success. They join an elite group from over 2,300 institutions of higher learning in all 50 states, the District of Columbia, and several foreign nations. Outstanding students have been honored in the annual directory since it was first published in 1934.

Western New England College is a private, independent, coeducational institution founded in 1919. Located on an attractive 215-acre suburban campus in Springfield, the College serves its over 5,100 students on its main campus and at 20 sites throughout the Commonwealth. Undergraduate and graduate programs are offered through the College's Schools of Arts and Sciences, Business, Engineering, and Law.

## Joan Mineo Completes General University Honors At Syracuse

Joan Mineo of 70 Debra Lane, Agawam, a senior majoring in mechanical engineering in the L.C. Smith College of Engineering and Computer Science, was among Syracuse University students recognized by SU Chancellor Kenneth A. Shaw for completing General University Honors in the past academic year.

Students completing General University Honors were recognized at a reception at the Chancellor's Residence November 1st.

In addition to achieving the grade point average required for Dean's List honors in their respective school or college, students who complete General University Honors have enrolled in at least four courses in Syracuse University's Honors Program and have successfully completed the freshman and sophomore Honors Program seminars.

The Honors Program enhances opportunity for excellence in creative and scholarly learning and supports the academic, professional, and personal growth of outstanding undergraduate students.

Officially chartered in 1870 as a private, coeducational institution of higher education, Syracuse University is a leading student-centered research university. Syracuse's 13 schools and colleges share the common mission: to promote learning through teaching, research, scholarship, creative accomplishment, and service while embracing the core values of quality, caring, diversity, innovation, and service.

The 680-acre campus is home to more than 18,000 full- and part-time undergraduate and graduate students from all 50 states and 90 countries.

*Best local news with us, each and every week...*



THE FOURTH-GRADE PUPILS from Mrs. Dukeshire's class at Phelps Elementary School enjoyed preparing (above) and eating (below) the pancakes and sausages at the recently held Thanksgiving breakfast.



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From Sacred Heart's Pack 75...

## Second-Year Webelos Complete Projects To Earn Craftsman Badge

For three Saturdays in November, the second-year Webelos from Sacred Heart's Pack 75 worked with Rick from The Home Depot in West Springfield to complete three woodworking projects in The Home Depot's Kids' Workshop.

Working for their Craftsman Badge, the boys built a toolbox, a birdhouse, and a stepstool using a variety of hand and power tools. Rick, the coordinator for the Kids' Workshop (a free program for Scouts), said that he enjoyed working with such a great group of boys, and he may ask the group to participate in a Home Depot training video.

The boys had lots of fun, learned a lot, and "did their best" while making these great projects.

As the boys work toward the "Arrow of Light" — the highest achievement in Cub Scouting — they've been busy. Recently, they served a meal at the Open Pantry, went to the Scout night at the Falcons game, visited the New England Air Museum and the Town Engineering Department, went horseback riding, and played tennis.

This is the fifth and final year in Cub Scouts for the boys, as they prepare to cross over into Boy Scouts in March.



**SECOND-YEAR WEBELOS** from Sacred Heart's Pack 75 proudly display their birdhouses: front row — Scouts John McCarthy, Nicholas Suska, Brian Foley, Zachary Smith, and Christopher Alvanos (all fifth-graders at Agawam Middle School); back row — Newton and Rick from The Home Depot in West Springfield.

## Agawam Schools' Weekly Lunch Menu

**Monday, December 13th:** Steamed frankfurts in roll, oven-baked beans, french fries with catsup, chilled assorted fruit cup, milk.

**Tuesday, December 14th:** Pepperoni-topped pizza wedge, tossed garden salad with spinach greens and Italian dressing, chilled fruit cup, dessert, milk.

**Wednesday, December 15th:** Baked ravioli with tomato sauce, seasoned green beans, Italian bread and butter, fresh Mac apple or citrus Jello with topping, milk.

**Thursday, December 16th:** Roast turkey with whipped potatoes, gravy, peas and carrots, dinner roll, chilled applesauce or chocolate cake with icing, milk.

**Friday, December 17th:** Grilled cheese sandwich, pickle chips, oven potato puffs with catsup, pineapple tidbits or ice cream cup, milk.

\*\*\*

For photo coverage in The AAN, call us at 786-7747 or 786-8137; however, please give us at least 72 hours' notice.

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**CUB SCOUTS FROM PACK 77** take a rest during their nature hike while camping this past October. Several boys who couldn't stay for the entire weekend were able to spend the day on Saturday up at Moses Reservation. It was a "weather perfect" weekend to start the camping season, and the Scouts are looking forward to winter camping in January.

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## Giving To 'The Giving Tree'



LAST MONTH, members of Girl Scout Troop 598 made ornaments for "The Giving Tree." Clockwise from left lower corner: Miranda Polaski, Kayla Bertrand, Sarah Balestracci, Dominique Touchette, Eden Forgette, Ashley Ripolone, Katy Meyrick, Nicole Johnson, Carolyn Dubois, Brianna Christofori, and Jessica Polaski. Standing in back: Alison Johnson and Anne Polaski.

*Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, ads, etc., that can be brought in on Mondays. Thank you...*



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## Open House/Enrollment Evening At Perry Lane

The Agawam Perry Lane Nursery School will hold an Open House/Enrollment evening on January 18th at 108 Perry Lane, Agawam, from 6:00 to 8:00 p.m.

Children must be three years-old by September 30, 2000 to enroll in the Tuesday/Thursday morning session running from 9:00 to 11:30 a.m. for three year-old children only. The cost for this session is \$60 registration fee a month due at the first of every month, with a \$3 snack fee a month to be paid in cash at the first of every month.

Children must be four years-old by September 30, 1999 to enroll in Monday/Wednesday/Friday morning or afternoon sessions running from 9:00 to 11:30 a.m. or 12:30 to 3:00 p.m. The registration fee for this session is \$75 a month (to be paid at the first of every month), with a \$4 snack fee to be paid in cash at the first of every month.

Anyone interested in enrolling their child into the Perry Lane Nursery School for the September 2000 school year is encouraged to attend.

For more information or any questions, please call 821-0513 or 789-1616.

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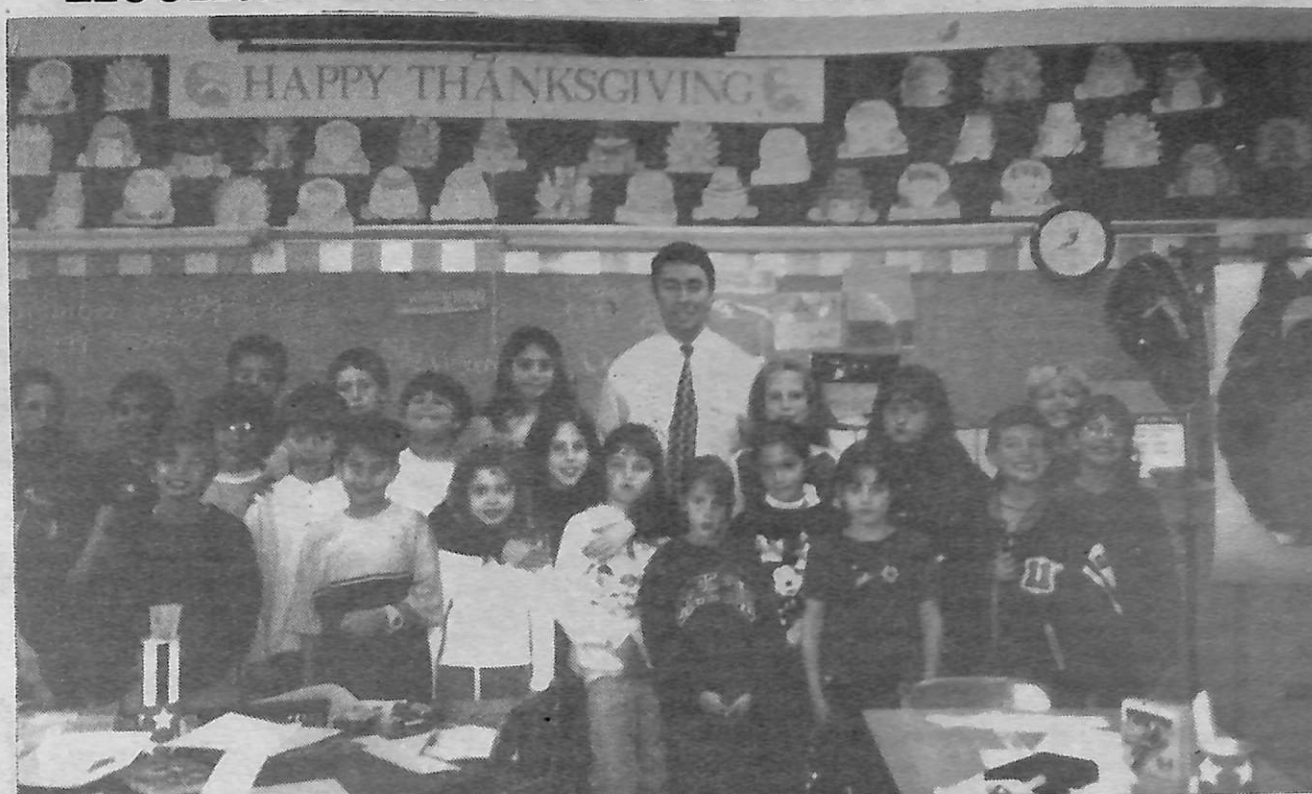
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## Keenan Reads To Local Students...



STATE REPRESENTATIVE DAN KEENAN recently read to third-grade students in Room 15 at James Clark School during "Read Aloud Week." Advertiser News photo by Kathy Shepard.

### From The AHS Guidance Office...

by Judy Cohen  
Agawam High School  
Guidance Counselor

#### Hey, Isn't Senior Year Supposed To Be Fun???

I gotta tell you, senior year is not all it's been cracked up to be. Yes, the seniors are at the top of the heap, or the top of the totem pole, but looking out from there can be a little scary. I mean, what do they see? Let's take a look.

For some seniors, they see clearly the road ahead. They know what they want to study, what schools have the programs to accomplish this, and they have the grades and SATs to make admittance to these schools a reality.

Other seniors know the schools they wish to attend, but their grades, SAT scores, and/or financial aid make attending these schools kind of "if-fy." Still others know what route they want to travel, but their parents have other ideas.

And then there are some who just have no clue. They look out and really don't see a clear route at all.

Well, the first group is easy, although getting their applications completed and sent off can be a hassle. I think for some it's because they really keep putting it off. High school has been a comfort zone and by sending out their applications, they are taking ownership of the fact that the present comfort zone is about to end.

As parents, do talk to your children. Make sure that they really wish to go to the schools they have selected. Make sure that they visit the schools, talk to others who have gone, and are as sure as they can be that their choices are appropriate for their needs. Do listen to their concerns. What may seem like a molehill to you can seem like a mountain to them.

The second group is a little more difficult. As parents, you must be up-front concerning the financial situation, search out financial aid, and choose schools that appropriately address the scholastic and financial needs of your children. Have your youngsters still reach for the stars and apply to some reach schools, but make certain they apply to realistic ones, too.

For some, two-year colleges may be more appropriate. They will afford them the opportunity to build up their scholastic records and then transfer to four-year colleges, or perhaps earn associate degrees and become immersed into hands-on jobs.

Moreover, community colleges are less expensive and will allow you to save a considerable amount of money during your children's first two years. Remember that there is a school out there for everyone. There is a place for everyone. Your children will meet happiness and success when they have carefully hooked into the appropriate places.

The third group, which I will call the vicarious group, is not an easy one. Often parents want their children to attend their alma mater, or some other school that they have read about or that a friend's child is attending or wishes to attend; however, their children want to attend different schools.

What to do? As parents, sit down, take a deep breath, and try to think objectively. Your children are going to school; you are not. Yes, maybe you wish you had attended such and such school, but now it's your children's turn.

They come with a different set of abilities, personalities, desires, and needs. They are unique; they are different from you. Hear and see those differences, and help your children rejoice in them and choose appropriate places in which to continue their studies.

Now, we come to the group who has no idea what to do after graduation. Usually, I give this group a homework assignment. They go into the Career Center, take a vocational test, bring me the results, and then at least they have a clue what jobs will best suit them.

From there, I have them write a list of positives and negatives concerning colleges, community colleges, vocational schools, military experience, and jobs. I have them talk to their parents. Finally, when all that has been done, we sit down together and assess things, weighing the pros and cons.

Like parents, I must strive to be open-minded. After all, the kids are making the decisions; I am not. They are the ones who must take ownership of those decisions. I simply offer a listening ear and help them sort through their findings.

So, you can see from the above that the senior year is not so easy. Along with the good times, it is a time filled with turmoil and decision-making. It is a time for students to take stock of where they have been, where they are, and where they wish to go. Then, they have to fill out what seems like millions of forms to follow through on their

choices.

During this time, do be supportive parents. Do listen, do offer advice, but do try to let your children's decisions be ones that bespeak them as individuals. In this way, you will have helped them down the road, but not led them. Good luck!!!

\* \* \*

For photo coverage in The AAN, call us at 786-7747 or 786-8137; however, please give us at least 72 hours' notice. Thank you for your cooperation...

### Ag. High School's Guidance Bulletin

COLLEGE ACCEPTANCES: Congratulations!

Neil Butler: University of Hartford.

Stephanie McLane: Houghton College.

SCHOLARSHIPS: See your counselor for more information or an application.

The following colleges are offering scholarships to qualified students who plan to enroll there: Rutgers University, Anna Maria College Music Scholarships, and Savannah College of Art and Design.

OPEN HOUSE: See your counselor for more information.

Savannah College of Art and Design.

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## Sports

# Mike Flynn — At The Top Of His Game (His Football Game, That Is...)

by Dave Rollins  
Sports Editor

Agawam's Mike Flynn, 25, has reached a place very few people will ever attain - a spot on a team in the National Football League. Flynn was a gridiron student at Cathedral, then the University of Maine, then via the free agent route, he made the Baltimore Ravens in 1997.

"During my junior year at Maine, some of the coaches there, because of my play, started telling me that I might possibly have a future at the next level," Flynn noted. He also admitted that Maine is not exactly a hotbed for NFL talent. But he was smart enough to know that you can be the most talented athlete there is, but sometimes, it takes more than talent.

The Ravens stunned the favored Tennessee Titans last Sunday, 41-14. Two people in attendance, as they are for all the Ravens' home games and most of their road trips, were Flynn's mom and dad, Kathleen and Mike Sr. of Agawam. They usually drive down to Baltimore to see their son play.

"It's not a bad trip; about five hours. Close to the same amount of time it took us to go to Maine, only this time, it's in the opposite direction," Mike Sr. noted.

### Sees Action In Just About Every Game

Flynn was a tackle at Maine and is now a backup guard and center, as well as being a tight end on the goal line offense and a member of the return team with the Ravens. He sees action somewhere in just about every game. He addressed why some people make it and some don't in professional football.

"I think there are three important things that figure into who stays and who goes. First, you have to be in the right place at the right time. Say if there are four centers on a team and you have to fight them for a job, that's tough. If you get into a situation where your competition is cut in half, then it's not quite so tough.

"Also, you have to be smart," he added. "You can't have many mental mistakes. Ideally, you should have none. That means being prepared, not just sometimes, but at all times. There are so many people, from coaches to other players, who are always looking over your shoulder, looking to take your job away. If you're not on top of where you are and what you have to do, it's over."

Flynn's third consideration goes right to the heart of professional football. "You have to be tough, both mentally and physically. Offensive and defensive schemes are very complicated. Our new coach, Brian Billick, who came over from Minnesota (Vikings), has an extremely challenging offensive scheme, especially for the center's responsibilities in reading defensive line sets. And physical toughness goes without question. The players are big, fast, and quick - the total package."

And that is what has impressed Flynn the most about playing in the NFL. "In college, maybe there was a backup player at a position or two who was very good. Here, the second- and third-stringers are very good and are capable of starting should they get the chance," he noted.

"People think that the pros just show up and play, with the big paycheck waiting for them when it's over. Not so. Countless guys work after practice by watching films or staying out on the practice fields to hone their technique and timing," he said.

### Consistency The Key

While Flynn isn't a starter right now, he has a clear bead on what is going to get him full-time into the lineup one day. "You have to be consistent when you play and do your job on every snap. Coaches are always looking for someone they can count on, down after down. Then, you have to stay healthy, which means taking care of your body all the time. Finally, it's winning. If you are playing and the team is winning, coaches are very reluctant to break up any combination that seems to be working," Flynn said.

There are some other considerations about professional football that Flynn addressed. He had this take on artificial surfaces: "I know a lot of players don't like it. I'm one of them. Even though I'm only 25, practicing on it for two or three days causes my knees to get sore. People say it causes more injuries than you'd get on grass. But some guys will tell you that on an artificial surface, they feel it gives them more quickness and more speed. So, everyone has an opinion," he smiled.

Taunting and certain displays of boorish behavior by some players have long been a problem in the NFL. "Yeah, you see that a lot. I try to ignore it for the most part," he said. But sometimes it's just a natural reaction when so-

meone does well after working so hard to be in a position to make the touchdown or grab an interception or get that sack."

He did admit that when he's in there and someone beats him (sacks his quarterback), then does the taunting routine or dance, that it can get personal. "No one likes to be mocked, whether someone is knowingly doing it to you or not. That's when you have to keep your head. There's a fine line between playing aggressively and playing angry. You can't afford to play like the latter. That means trouble you can't afford if you want to keep playing."

As we said earlier, coming from Maine doesn't mean your ticket is punched in the NFL, especially when you suddenly experience kids who hail from football factories like Texas, Oklahoma, Ohio State, Michigan State, Florida, Nebraska, etc. "I was intimidated at first. But there came a point when I no longer had that problem. Last year, I had a very good training camp and when I played, I played well. That period in my career showed that I could compete with these guys, which has helped me continue to play well," said

Flynn, who has bulked up from his Maine weight of 240 pounds to 299 molded on a 6'4" frame.

### Involved In Charity Work

Like many professional athletes, Flynn is involved in charity work. "Our team is involved with the United Way," he said. Then Flynn, who is not married, added, "The Ravens' wives set us up with charity appearances and we all try to attend them."

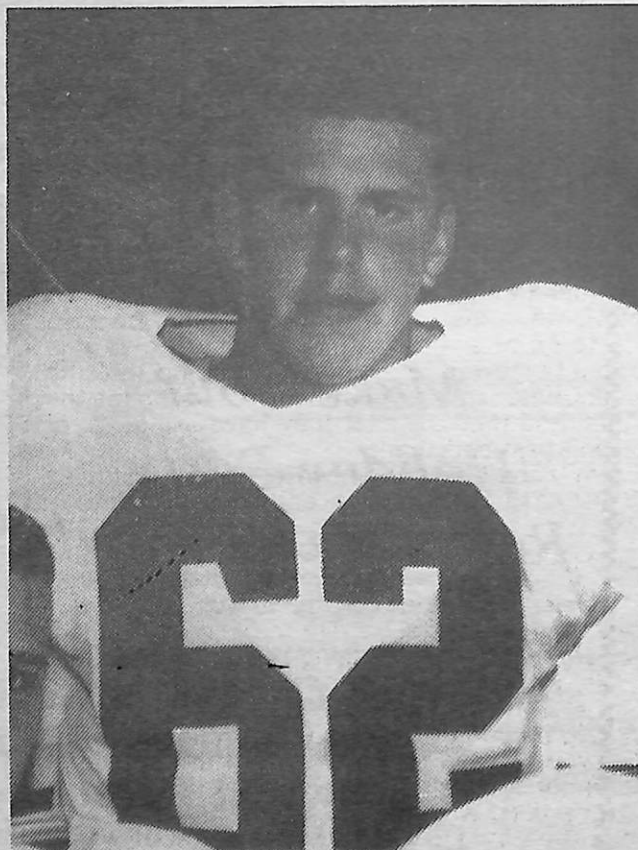
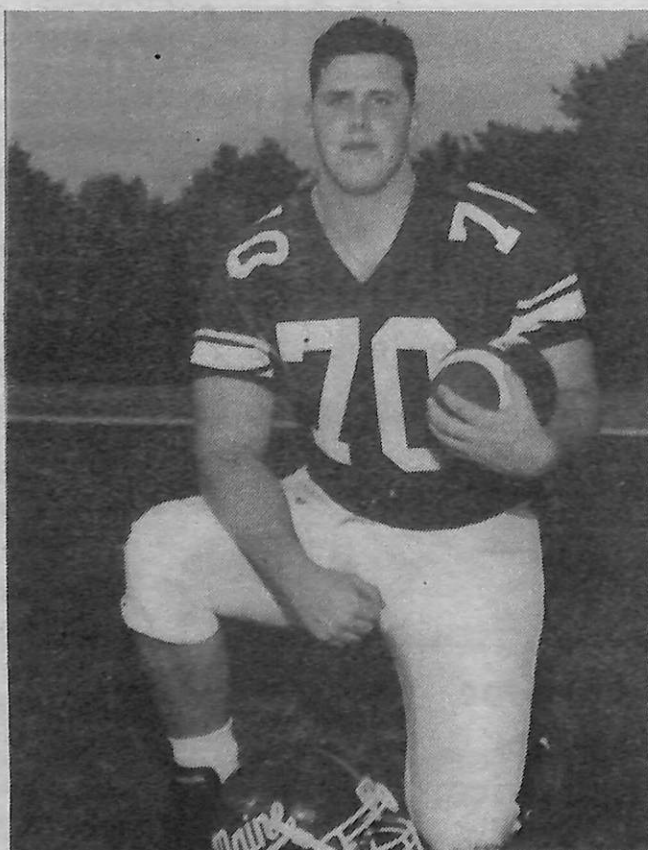
He also noted that they visit hospitals and other places where people could use a lift by seeing some sports personalities.

You don't see any openings for professional athletes in the help wanted section of the newspaper. Flynn's job is certainly in rarified air. "Though I thought about it a lot, I never really believed I'd make it all the way to the National Football League."

"But after playing the game for so many years, I'm here and very comfortable playing with and against some outstanding athletes. Despite the hard work, it's a great experience and getting the opportunity to play is gravy," he concluded.



MIKE FLYNN OF AGAWAM (number 62 for the Baltimore Ravens) is coming out of a locker room during a recent game.



IN LEFT PHOTO: Mike Flynn at the University of Maine. IN RIGHT PHOTO: Flynn as a senior at Cathedral High School in 1991.



The Passerini Brothers At AHS...

## Jay And Mike Talk About Their Days On The Ice

by Dave Rollins  
Sports Editor

The winter sports season is about to get underway. And one of those winter sports is hockey. In the middle to late 1980's, Agawam High had a couple of pretty fair kids on the hockey team - the Passerini brothers, Jay and Mike.

Currently, they are co-owners of Bertelli's Liquors on Main Street in West Springfield, but both still live in town. If Bertelli sounds familiar, it's because the first name is Angelo. The late Angelo Bertelli was their uncle and the first player at Notre Dame (in 1943) to win the Heisman Trophy award in football. Angelo passed on last summer.

Jay (33) is the older of the two. He played hockey for the Brownies in 1982, '83, and '84. He was the first freshman ever to play for the varsity hockey team. "I was a center and hung in there, finally getting a regular shift at the end of my freshman season," Jay noted.

Back then Agawam was in Division I and had to go up with regularity against perennial powers like Cathedral and West Springfield. "I don't really remember our record back then. But we were good enough to get into the playoffs and in my freshman year (1982), we made it all the way to the Western Mass. finals, where we lost a close one to Cathedral," Jay recalls.

He added, "We also made it back to the finals in 1984, where Cathedral beat us again. We had a good coach in Bill Sapelli, who knew what he was doing. Bill is the principal at Robinson Park School in Agawam now. He is also the coordinator of hockey referees for the local colleges and high schools."

### Memorable Hockey Moment

Jay made All-Western Mass. in his junior season (1985). But his most memorable hockey moment came as a freshman. "It was skating onto the ice at the Coliseum over at the Eastern States when we played Cathedral. It was awesome com-

ing out before all those cheering fans," he smiled.

Jay describes his on-ice style as one of finesse. "I tried to get my share of goals, but also passed a lot to my linemates. I could play rough if I need be. But that usually wasn't the case, since Dean Liptak was a wing on my line. Dean was somewhat of an enforcer and took no guff, so not many people took a run at me. He had a twin brother, Dave, who was our goalie and won the Bessone Trophy in 1985. (The award is named after Amo 'Betts' Bessone, a former coach in Westfield, at Michigan Tech, and Michigan State for 29 years, where he won the NCAA Division I National Championship in 1966 and was named Division I coach of the year.) It goes to the best hockey player in

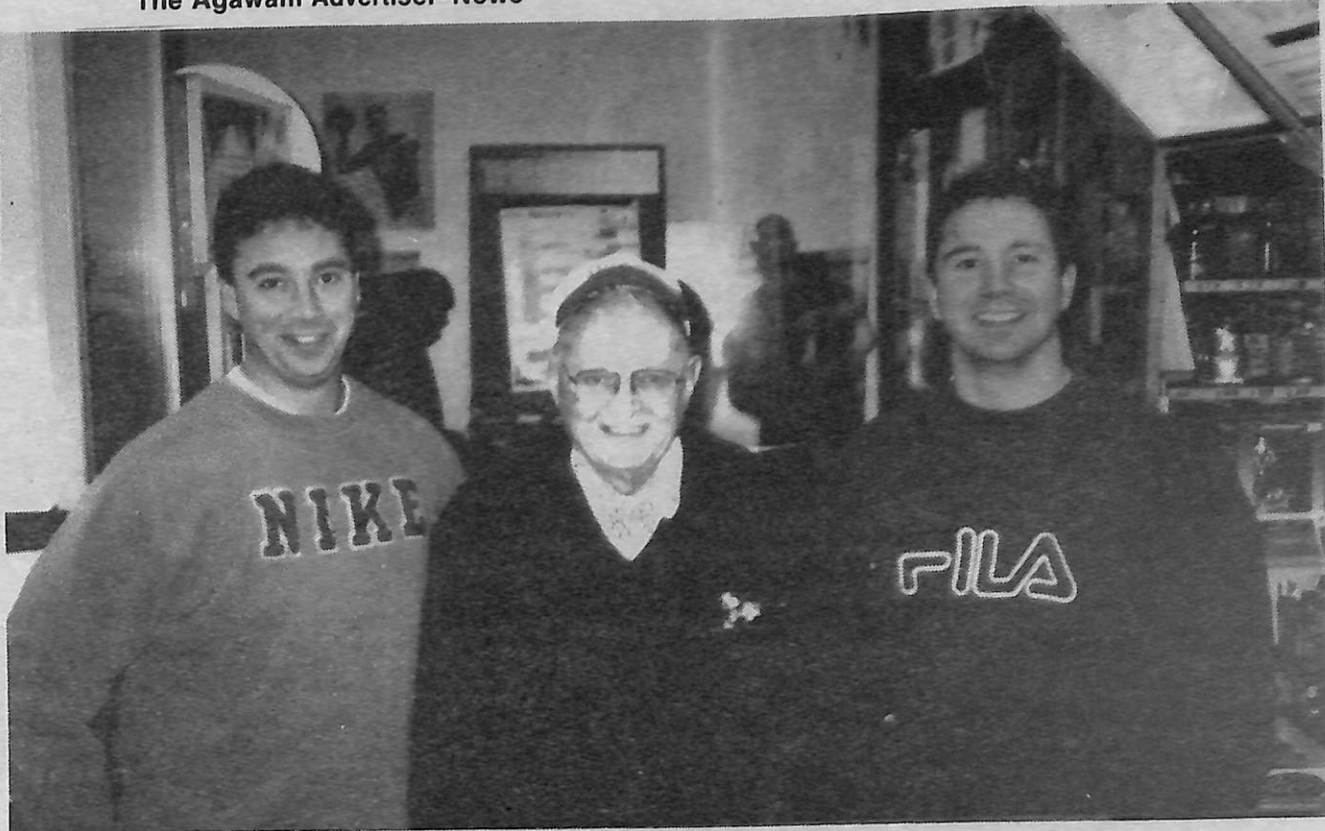
Western Massachusetts," Jay noted.

The Liptak brothers own a gym in Westfield and also make up a tag team in professional wrestling, having competed in the WWF and presently in the WCW.

Jay went on to prep school at Wilbraham-Monson Academy after his junior year at AHS. "They had a big-time hockey program there," Jay said. He then went on to play a season at the Coliseum with the Pics, a team that included (current NHL player) Bill Guerin from Wilbraham.

After that, Jay, who'd been working part-time at Bertelli's along with his younger brother, Mike,

SEE PASSERINI - Page 39...



THE PASSERINI BROTHERS — Jay (left) and Mike (right) — with Amo "Betts" Bessone (center), a former coach in Westfield, at Michigan Tech, and Michigan State for 29 years. A yearly award named after Bessone goes to the best hockey player in Western Massachusetts.

Advertiser News photo by Dave Rollins.

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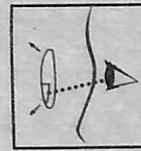
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**HAROLD PASSERINI**, who sold the family business — Bertelli's Liquors on Main Street, West Springfield — to his sons, Jay and Mike. This store has been in operation for 32 years.

Advertiser News photo by Dave Rollins.

#### PASSERINI - from Page 38...

bought the business from their dad, Harold, and continued an operation which has been going for 32 years.

Jay still plays competitive hockey in the over-30 league at Forest Park. "I've still got moves on the ice, just not as many," he laughed.

Mike came after Jay, playing hockey for the Brownies in 1988 and 1989. He is 28 years-old. Like his brother, Mike was also a center. He was All-League as a junior and captain of the team in his senior season. They made the Western Mass. finals in 1988, Mike's junior year. "We had a great game against West Springfield before finally losing in overtime," he said.

He recalled that overtime loss as a memorable moment, though not as memorable as it could have been if they'd won. Also, getting a hat-trick in his first game as a senior stands out.

"Our senior year was pretty bad, though. I think Agawam hockey began to go downhill from that point on," Mike observed.

"I'd say I had a diggers-type of style, always going into the corners and feeding the puck back out. It worked pretty well during my time at AHS, especially as a junior, because we had Ricky Parolo, who was a tremendous scorer," Mike noted.

After Agawam High, Mike went to Holyoke Community College for a year, then transferred to Johnson and Wales College in Providence, Rhode Island. "They had a good club team and wanted me to play for them. I could have done it, but grades were my priority. Also, they practiced early in the morning, which wasn't for me. I ended up graduating with a 3.3 in business management," said Mike.

#### The Family Business

Then there was entry into the family business. "It seemed natural, since through high school and college (they had a four-day class week at Johnson and Wales), I worked part-time there like Jay," Mike said.

Mike no longer plays the game. "I got married and have two kids, which keeps me pretty busy all the time. I still skate recreationally now and then, though."

Mike has gone to some Agawam High hockey games. "Yeah, but it's not the same. They aren't as good as the 80's teams were. We played a different kind of hockey back then," he noted.

## Agawam Parks & Rec. Has "Group Nights" For Falcons Hockey

The Springfield Falcons, a professional hockey team, is pleased to announce **Group Nights** sponsored by the Agawam Parks & Recreation Department, to be held once a month through April of 2000.

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The Recreation Department has tickets for all games available now, and they may be purchased at any time up to 24 hours prior to the game. Please call the Recreation Department at 821-0513 for more information.

Best local news with us — AAN!!!

## Baywest Christmas Dance Slated For Sat., December 11th

The Agawam/West Springfield Hockey Association (Baywest) will be holding its annual fundraiser, a Christmas dance, on Saturday, December 11th, at the Dante Club, Memorial Avenue, West Springfield, from 8:00 p.m. until 1:00 a.m.

Live music will be provided by the area's best — "Aftermath."

All proceeds from the Christmas dance will be used for the 1999-2000 season's trophies and banquet, so please join us for a night of fun, dancing, and socializing (including raffle prizes, munchies, a door prize, and a 50/50 raffle).

The donation is \$10 per person. Tickets are available at the door or in advance by calling Tammy or Tony at 732-3003. Hope to see you there!

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Profile...

## Jerry Graves Thinks Agawam High's Football Team Has A Bright Future

by Dave Rollins  
Sports Editor

One reason for the success of the Agawam High football team this year was the play of nose guard Jerry Graves. Recently, the senior took some time out to talk about his days at AHS.

Jerry will turn 18 on January 23rd. He stands 5'7" tall and weighs 215 pounds. Jerry has spent all four years of his secondary education at Agawam High. Currently, his course load includes math, science, English, horticulture, culinary arts, graphic arts, and gym.

Math is his favorite course and Ralph Figy (special education) is his top teacher. "He helped me out a lot and got me back on the right track when I was having some trouble with my classes," Jerry noted.

Jerry hopes to find a good job after graduation and save up some money to try and continue his education.

Jerry's sport at AHS is football, which he's played since the fifth grade, and was a member of the undefeated freshman team four years ago. He is a first-team All-League selection as a defensive nose guard.

He most memorable sports recollection is that of (present) freshman coach and varsity assistant Coach Kirk Parker. "Coach Parker has coached me since youth football. He was always there, teaching and instilling confidence into his players. He has let me help him coach the freshman team this year and I hope to help him out with them next year," Jerry said.

He sees the 1999 football season this way: "We had a couple of rough games. But overall, a new coach and a new offense and defense worked out. We used all our weapons on offense and played hard to stop the run on defense. I think the team

has a bright future," he noted of the 6-4 Brownies. Jerry says his favorite food is whatever he cooks at home. "I sometimes cook for my family and give my mom a break."

Agawam orange is his favorite color.

A 1989 Corvette would be his car of choice. "I like the older models because of their body style," he notes.

The Miami Dolphins are his top team. Their outstanding linebacker, Zack Thomas, is his number one athlete.

Jerry likes to relax by retiring to his room.

He likes comfortable attire, purchased just a little big. "I buy them at the mall, in the sports stores or at Old Navy," he says.

Metallica, Megadeth, and Pantera are his top groups. He also likes the older rockers like KISS and AC/DC.

Football games, both college and pro, top the tube for him. "Varsity Blues" is his favorite big screen offering.

Debbie is his mom's name. George is his dad. He has a brother, George (AHS's class of '98), who played football and wrestled for the Brownies.

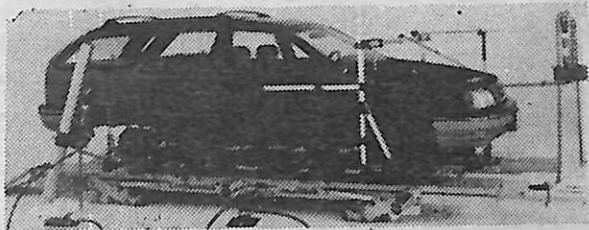
He looks up to his friends, Mike Carosolo and Kevin Rivers, because they have always been there when he needed them. And he wants his cousin, John Rice (who passed on last March), to be remembered. "I dedicated this season to him," Jerry said.

At the start of the season, Coach Tad Desautels commented that Jerry would be a big part of the defense and because of his aggressive style of play, would probably be double-teamed most of the time. "Jerry is very tough and dedicated to the game," he said.



JERRY GRAVES

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## Agawam Little League Baseball Sign-Up

December 11, 1999

Italian Sporting Club, Cooper Street  
10 A.M. - 2 P.M.

The Agawam Little League will be holding its first sign-up for the year 2000 baseball season.

### The following programs will be run in the spring:

Instructional & Teeball (ages 5-7)  
Minors (ages 8-10) Majors ages (10-12)  
Registration Fees: \$40/Child or \$100/Family of 3 or more

In addition to the registration, each player will receive a \$10 book of raffle tickets which will be prepaid at time of registration.

Sign-ups will be also held for umpires for the year 2000 season.

All coaches currently with equipment and uniforms must return it immediately to Mr. Donah. Please contact Mr. Donah at 789-2347 to make arrangements.

The Agawam Little League is proud to serve the youth of our community.

If there are any questions, please contact Mr. Rob Danie at 789-4823, or Mr. Bill Leydon at 789-6064.



# Agawam Soccer Association Holds Awards Ceremony

by Dave Rollins  
Sports Editor

The Agawam Soccer Association held its awards ceremony last Sunday afternoon at the Junior High School. Outstanding players from Earle Hollister's and Eddie Santaniello's U-13 Pioneer Valley champions and in-town teams like Bill Spear's U-17's, Dee Adams' U-14's, the unbeaten and untied U-14 girls, and Rick Holt's U-12 boys received trophies with their names engraved on them before a big crowd in the school's auditorium.

New members of the Agawam Soccer Association's board for the year 2000 were also announced. Some members switched roles, others are first-timers on the board. Jacques Wood is the new president, taking over for Dave Shaw. Mike Fournier is the new executive vice president. Dave Shaw's duties are now that of the vice president of In-Town Soccer. The new secretary is Darlene Kedzior. Dean Brust is the new director of the In-Town Boys' program. Ed Dean will now be the director of the Pioneer Valley Junior Soccer League Boys' program. Tracy Nawskon is the director of the Instructional program, and long-time member of the board and former ASA president, Denny Marr, is the new registrar.

Folks not coming back include former ASA secretary Chet Comee, former registrar Paul Lagasse, and former executive vice president Al Corbin.

Dave Shaw, who has been involved with the ASA for eight years and has been president for the past two years, says the program has continued to grow. "Soccer has always been big in Agawam. Most kids can participate in the sport and with some work, they can pick up the skills and have an enjoyable time playing the game," noted Shaw.

Shaw has also seen the quality of soccer improve in the town. "Our coaches are always improving. The kids have many ways to get instruction and to train." Then he added, "Our coaches must have a minimum of an 'F' rating in order to coach in Agawam. That means they take an eight-hour class, which combines field work with classroom study. Massachusetts Youth Instructors from Boston conduct the classes. We stress that all our coaches attend clinics to increase their skill level," Shaw said.

## Specialized Clinics

One thing the ASA will shoot for is getting coaches to attend specialized clinics, which will address coaching younger kids - at the U-10 level. "That is the formative time for most kids, where they learn the basics that will be with them for the rest of their playing days," Shaw said.

Many ASA Pioneer Valley teams will be indoors for the winter months at the Coliseum in West Springfield, over at Games & Lanes in Agawam, at Soccer City in Wilbraham, or perhaps up in Northampton. "We encourage the kids to get involved in the indoor program if they can. Many do. It's a great opportunity to keep your foot on the ball when the snow flies," Shaw added.

The new ASA Executive Board is already planning the spring program. "We have clinics for player development in the works. We'd like to get more of the kids up another level - to the travel teams, which leave town and play all over Western Massachusetts," Shaw said.

For many, youth soccer in Agawam is a year-round undertaking. "When school is out, many kids practice or attend camps in the summer in preparation for the fall season, and that is also a positive for player development," Shaw said.

**Best local news with us**



PICTURED ABOVE ARE THE NEW MEMBERS of the Agawam Soccer Association's board for the year 2000. Jacques Wood is the new president. Advertiser News photo by Dave Rollins.



COACHES EDDIE SANTANIELLO (far left) and EARLE HOLLISTER (back row, far right) were recognized with their U-13 Pioneer Valley Girls' Junior Soccer League team — the Mongoose — last Sunday by the Agawam Soccer Association. The Mongoose were the fall league and playoff champs. Advertiser News photo by Dave Rollins.

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## Ag. Lightning Concludes A Strong Season

The Agawam Lightning have concluded another very strong season in the Pioneer Valley Junior Soccer League as the Agawam Soccer Association's representative in the U-14 Girls' Division I. For the regular season, the Lightning finished in a tie for second place with Wilbraham in a very competitive and talented division.

The Lightning had many wonderful moments during the fall.

One of the highlights of the season was when the Lightning defeated Amherst, who finished as the Division's first-place winner. This was Amherst's only loss for the season.

The Lightning went undefeated in the Agawam Riverside Classic during Labor Day weekend. They had two ties and two victories in four games, including defeating Simsbury, Connecticut, which was the eventual tournament winner.

The Lightning played in the Cape Cod Open Tournament during Columbus Day weekend. The team played very well, and made it to the semifinals of the tournament. The Lightning played teams from all over New England. During the weekend, the girls enjoyed playing soccer, went on a haunted hayride, viewed the scenery of the Cape, and of course, went shopping.

The Lightning is a very versatile team. Examples of this include the facts that nine different players scored goals, and five different players played goalie during the season. All the girls played more than one position, and played them well. Often praised for their talent and sportsmanship by opposing teams, they have also received many compliments on their new custom-made uniforms.

The girls continue to work hard to improve their individual skills and teamwork on the field. All the players contributed to the team's success. This is a team that is proud of its past accomplishments, but is still mindful of the work and dedication that is necessary to allow them to continue their outstanding success. This is the 12th season the team has been together, and the Lightning has either finished first- or second-place every season but two.

All the girls encourage each other and have helped to create a fun, cohesive, skillful, and energetic team. In just a few weeks, the Lightning will start their preparation for their final spring season. This season promises to be a very challenging one, as all the U-14 Pioneer Valley teams get ready for their fall high school season.

The team wishes to thank the parents, families, and fans for their continued support throughout the year.

### Jr. High Pool Is Open To Residents On Friday Evenings

The Agawam Junior High School Pool is open to Agawam residents on Friday evenings from 6:30-8:30 p.m. for public swims.

Admission fees are \$2 for children and adults age six and older and \$1 per person for children age five and younger.

People are reminded that floatation devices and disposable diapers are not allowed in the pool and children under the age of 12 must be accompanied by an adult at all times.

### "Drop-In Basketball" Taking Place On Mon. Evenings At AHS

The Agawam Parks & Recreation Department's "Drop-In Basketball" program is held on Monday and Wednesday evenings from 6:45 to 8:45 p.m. at Agawam High School.

This is for residents 18 years-old and older. Proof of residency is required for admission. Cost is \$2 a night payable to the site supervisor upon arrival.

*Special offer for new subscribers: a January-June subscription costs just \$12 (or \$20 for two). Call us at 786-7747 or 786-8137.*

\* \* \*



**MEMBERS OF THE "AGAWAM LIGHTNING":** front row — Maria Doulakis, Ashley Velosky, Elizabeth Loughman, Caitlin Foley, Joanne (Joannie) Brignoli, Meghan (Cuz) Kelly, Katherine (Bitz) Bitzas, Pavlina (Lina) Moysis, Laura (The Rock) Pedersen, and Sara (Moose) Skolnick; back row — Coach Dimitri Moysis, Rachel Keenan, Coach Brian Kelly, Meghan (Slick) Ennis, Tory (Taz) Lyons, Angela Stork, Coach Scott Skolnick, Jennifer (Psycho) Miarecki, Coach Beth Pedersen, Ashley (Smitty) Smith, Amanda (Mindy) Janik, and Coach Don Smith.

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# AHS's Winter Sports Schedule

## Freshman Boys' Basketball

**Time: 3:30 (unless noted)**

**Coach: Guido Winters**

12/21: Putnam, Away (4:15).  
 12/28: Dean Tech, Home (1:00).  
 12/30: Chicopee Comp., Away (11:00).  
 1/4: Ludlow, Home (4:00).  
 1/7: Cathedral, Home (4:30).  
 1/11: Central, Away (4:15).  
 1/14: Commerce, Home (5:00).  
 1/18: Holyoke, Away.  
 1/21: Sci-Tech, Away.  
 1/25: Westfield, Home.  
 2/2: Longmeadow, Away.  
 2/4: Chicopee, Home.  
 2/8: Amherst, Home (4:00).  
 2/11: Westfield, Away.  
 2/15: Northampton, Away.  
 2/17: Longmeadow, Home.  
 2/21: Chicopee, Away (11:00).  
 2/24: Amherst, Away.

## Boys' Basketball

**Time: 6:00/7:30**

**Varsity Coach: Brian Alves**

**JV Coach: Kevin Daley**

12/17: Hoosic Valley, Away.  
 12/21: Putnam, Home.  
 12/28: Greenfield, Away.  
 12/30: Chicopee Comp., Home.  
 1/4: Ludlow, Away.  
 1/7: Cathedral, Away.  
 1/11: Central, Home.  
 1/14: Commerce, Away.  
 1/18: Holyoke, Home.  
 1/21: Sci-Tech, Home.  
 1/25: Westfield, Away.  
 1/27: Northampton, Home.  
 2/2: Longmeadow, Home.  
 2/4: Chicopee, Away.  
 2/8: Amherst, Away.  
 2/11: Westfield, Home.  
 2/15: Northampton, Away (Smith Voc.).  
 2/17: Longmeadow, Away.  
 2/21: Chicopee, Home.  
 2/24: Amherst, Home.

## Freshman Girls' Basketball

**Time: 3:30 (unless noted)**

**Coach: Lynda Kunasek**

12/23: Holyoke, Away.  
 12/28: Chicopee Comp., Home (11:00).  
 1/4: Ludlow, Away.  
 1/7: Westfield, Home (3:00).  
 1/14: Chicopee, Home.  
 1/18: Sci-Tech, Away.  
 1/21: Cathedral, Home.  
 1/25: Central, Away (4:00).  
 1/28: Minnechaug, Away.  
 2/1: Amherst, Away.  
 2/4: West Springfield, Home (5:00).  
 2/8: Longmeadow, Home (3:00).  
 2/15: Minnechaug, Home.  
 2/18: Amherst, Home (4:00).  
 2/22: West Springfield, Away.

## Girls' Basketball

**Time: 6:00/7:30 (unless noted)**

**Varsity Coach: Lou Conte**

**JV Coach: Karen Cleavall**

12/15: Tournament — Longmeadow/  
 Monument Mt./Wahconah (Away at Long-  
 meadow).  
 12/15: Longmeadow, Home (JV — 3:00).  
 12/17: Tournament — Longmeadow/  
 Monument Mt./Wahconah (Home).  
 12/20: Taconic, Home.  
 12/23: Holyoke, Home.

12/27: Chicopee Comp., Away.  
 12/30: Northampton, Away (Smith Voc. —  
 1:00/2:30).  
 1/4: Ludlow, Home (6:15/7:45).  
 1/6: Westfield, Away.  
 1/14: Chicopee, Away.  
 1/17: Sci-Tech, Home.  
 1/21: Cathedral, Away.  
 1/25: Central, Home.  
 1/28: Minnechaug, Home.  
 2/1: Amherst, Home.  
 2/4: West Springfield, Away.  
 2/8: Longmeadow, Away.  
 2/15: Minnechaug, Away.  
 2/18: Amherst, Away.  
 2/22: West Springfield, Home.  
 2/25: Longmeadow, Home.

## Swimming

**Place: Jr. High School**

**Coach: Chris Johnson**

**Assistant Coach/Diving: Keith Paro**

12/17: Minnechaug, Home (4:00).  
 1/4: Amherst, Away (3:30).  
 1/7: Palmer, Away (3:30).  
 1/11: Cathedral, Home (4:00).  
 1/14: Holyoke, Home (4:00).  
 1/19: Turners Falls, Home (4:00).  
 1/21: Monson, Away (4:00).  
 1/25: Chicopee, Away (3:30).  
 1/28: Belchertown, Home (4:00).  
 2/1: Sci-Tech, Away (4:30).  
 2/4: Easthampton, Away (3:30).  
 2/8: Holyoke Catholic, Home (4:00).

SEE WINTER SPORTS - Page 44...

Sign  
Up  
Now!

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## Soccer Teams, It's Here!!!

Register Now For The January 14th Second Session

Pick Up Registration Form At:

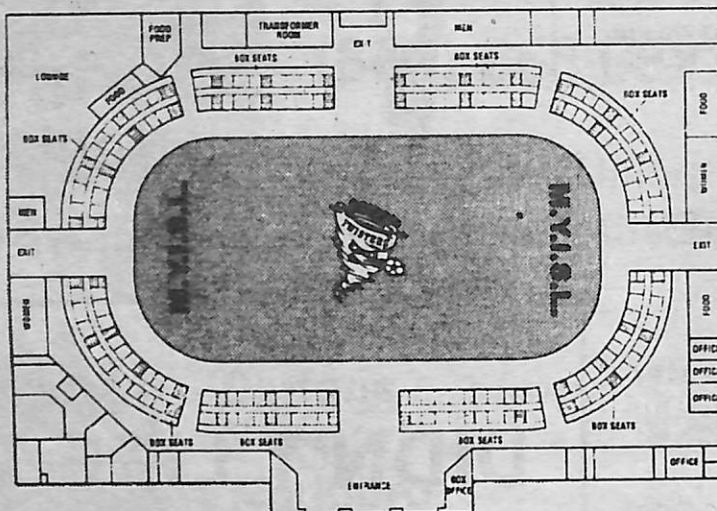
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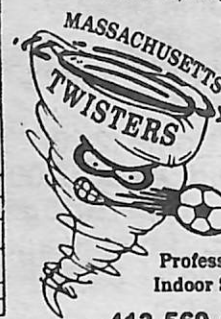
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**ENDS**  
 Feb. 27th  
 April 9th

\*\* Session 3 is 5 weeks long and is prorated to \$525.



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 Credit Card registration by phone.



## WINTER SPORTS - from Page 43...

**Ice Hockey****Head Coach: John Cirelli****Assistant Coach: Robert Martin**

12/14: Ludlow, Olympia (6:00).  
 12/16: West Springfield, Olympia (6:00).  
 12/20: Greenfield, Greenfield (7:00).  
 12/23: Chicopee, Olympia (4:00).  
 12/27: Holyoke, Fitzpatrick (6:30).  
 12/30: East Longmeadow, Olympia (6:00).  
 1/5: Chicopee, Fitzpatrick (6:30).  
 1/11: Longmeadow, Olympia (8:00).  
 1/13: Holyoke, Olympia (4:00).  
 1/18: Minnechaug, Cyr (4:00).  
 1/20: Greenfield, Olympia (4:00).  
 1/26: Chicopee Comp., Fitzpatrick (6:30).  
 1/29: East Longmeadow, Olympia (4:00).  
 2/3: Chicopee Comp., Olympia (8:00).  
 2/5: Pittsfield, Pittsfield (6:30).  
 2/10: Amherst, Olympia (6:00).  
 2/15: Taconic, Cyr (6:00).  
 2/17: Westfield, Olympia (6:00).  
 2/22: St. Joseph, Cyr (6:00).  
 2/25: Amherst, Orr (6:30).

**Skiing****Girls' Coach: Jim Graveline****Boys' Coach: Glenn Olson**

1/6: Berkshire East (4:45).  
 1/11: Berkshire East (4:45).  
 1/13: Berkshire East (4:45).  
 1/20: Berkshire East (4:45).  
 1/27: Berkshire East (4:45).  
 2/1: Berkshire East (4:45).  
 2/3: Berkshire East (4:45).  
 2/8: Individuals.  
 2/10: Snow Date (Individuals).

**Wrestling****Coach: Kirk Parker****Assistant Coach: Chris Chechile**

12/15: Cathedral, Home (7:00).  
 12/18: Tournament/Milford (Away).  
 12/22: Westfield, Home (7:00).  
 12/27: Phil Tomkiel Tournament, Home (10:00).  
 12/29: Ludlow, Away (7:00).  
 1/2: St. John's, Away.  
 1/5: Minnechaug, Home (7:00).  
 1/12: Central, Away (7:00).  
 1/15: Putnam/Commerce, Home (2:00).  
 1/19: Amherst, Away.  
 1/22: Longmeadow, Home (2:00).  
 1/26: West Springfield, Away (7:00).  
 1/29: Brockton/W. Side/Bridgewater-Rayham/Westfield/E. Longmeadow/Duffee (Away at Westfield — 9:00).  
 2/2: Ludlow, Away, (7:00).  
 2/11-2/12: Western Mass. Tournament (TBA).  
 2/18-2/19: State Division I Tournament (TBA).  
 2/26: All-State Tournament (TBA).

\* \* \*

*Classified ads in the Advertiser News cost just \$10 per week for 30 words or less; however, we DO NOT take them over the telephone. Please bring them to our office at 14 Southwick Street (in the Crossroads Shoppes), Feeding Hills, or mail them (with payment) to P.O. Box 263, Feeding Hills, MA 01030.*

\* \* \*

**Youth Cheerleaders Hold Banquet...**

IN TOP PHOTO: The Agawam senior youth cheerleaders and their coaches at the end-of-the-season banquet on December 2nd at Ferruccio's on Main Street, Agawam. IN PHOTO BELOW: The Agawam junior youth cheerleaders and their coaches at the banquet. Advertiser News photos by Kathy Shepard.



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 OF THE WHISTLE!!!**



Entry Level referee courses will be offered at the Pioneer Valley Junior Soccer League office on the following dates:

**Saturday and Sunday, January 8 & 9, 2000  
 Saturday and Sunday, March 4 & 5, 2000**

*These classes fill up fast and there is limited space. Interested parties should contact the Pioneer Valley office at 598-0922 for applications for the above classes as soon as possible.*



## In Tri-Parish Bowling Action...

## St. Louis Still In The Lead, But Things Are Getting Tight

In the fourth week of the second round of the Tri-Parish Bowling League, the teams are starting to bunch up. Four teams have a record of 7-9, and two teams are at 9-7. Only the top team and bottom team are by themselves.

St. Louis still leads everyone, but lost to Holy Cross, 3-1. Holy Cross got good totals from John "Big Bad" Mlinek (302) and Ron "The Don" Menard (327) to lead the winners. Sub Jon "Money" Robarge threw a 296, Jim "Big Mac" McCormack a 290, and Glen "Not Sam" Adams a lowly 313 for the losers.

Catholic University moved into second place by beating Georgetown, 3-1, and having a greater pinfall. Both teams are at nine wins, seven losses. Sub Jim "The Heat" Burlingham's 302 helped Kathy "Big Cat" Burlingham (341) to roll over Debbie "Mighty" Poirier's team. Debbie could only manage a 310 — not one of her best nights.

Fordham got walloped by last place Notre Dame, 4-0. Notre Dame could do no wrong on this night. Having record scores were Maybeth "Miss Consistent" Coughlin (116, 120, 114 — 350), Cori Napolitan (122, 123, 111 — 356), and anchor Flo "Rocky" Rochford (104, 112, 126 — 342). "Jolly" Olly Muldrew only rolled a 325 for the losers, who lost the match by 176 pins!

St. Mary took the measure of Boston College, 3-1. Roger "Rabbit" Josephson led the losers with a 124 single and a 329 total. Betsy (formerly "Loose," now "Loaded") Cannon, by virtue of a big scratch ticket hit, rolled a poor 276, but wasn't bothered too much — I wonder why!

Three bowlers did well for St. Mary. Mary "Not Marlo" Thomas had a 118 single and a 303 total. Don "Reb" Stitt rolled a 115 single and a 298 three. Sub anchor bowler "Luscious" Lou Muldrew threw a 114 single and a 315 total.

The scrambling continues next week on the Monday night fights.

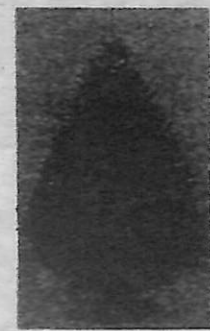
## STANDINGS

St. Louis	12-4
Catholic University	9-7
Georgetown	9-7
Fordham	7-9
St. Mary	7-9
Holy Cross	7-9
Boston College	7-9
Notre Dame	6-10

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## Gymnastics Club From Agawam Leads UMass Open In Amherst

The men's gymnastics team from Tim Daggett Gold Medal Gymnastics in Agawam started off the season well at last weekend's UMass Open. The annual event was held on the Amherst campus and is considered a major local event.

All skill levels were represented, from the beginning Class 6s through the Elite Class 1s. There was also a college meet held as well. Gyms from the New England and New York regions were represented, with local Daggett athletes coming out on top in several of the groups.

Jamey Houle of Longmeadow (competing in the most advanced division, Class 1) placed in all events: Floor Exercise, Pommel Horse, Rings, Vault, Parallel Bars, and High Bar. His 9.25 winning score in the High Bar helped him to secure the lead in the All-Around scoring. He was followed by another Longmeadow teen, Patrick McFarlin, whose 9.65 first place in the Pommel Horse event guaranteed his second-place All-Around position.

In Class 2 competition, Steven Gaudette of West Springfield led the group with three first-place events: Rings, Vault, and Parallel Bars. These combined assured his All-Around win. Gaudette departed on Sunday, December 5th, to join the U.S. Junior Olympic National Team for a competition in the Ukraine. Other Daggett gymnasts, Alan Parsons of Suffield, CT, and R.J. Heflin of Norfolk, MA, took the third and fourth places, respectively. This Class 2 group combined to win the team competition.

In Class 3, Drew Ignoto and Alex Smith (two athletes in the Age 14 and Older division) competed. Ignoto's consistent, second-place finishes in Pommel Horse, Still Rings, and Vault helped him secure a second in the All-Around. Smith, meanwhile, secured a fourth.

In the 12 and 13 year-old age group, Daniel Liebowitz of Avon, CT, captured fourth All-Around with a strong first in Pommel Horse and third in Still Rings. Other Daggett men did well: Mike Marino placed fourth in High Bar, and Mark Parzych placed in Floor Exercise, Vault, and High Bar.

Darren Parzych competed in the Class 4, taking first in all events (except the Still Rings, where he captured second), thus guaranteeing an All-Around win in the Age 11 group.

Eric Parsons of Suffield, CT, competed in Class 5 and showed that his best event was Still Rings.

The Class 6 group was led by Kyle Levreault of Southwick, whose four second-place finishes secured a second place in the All-Around for Ages 10 and Over.

Four other young men competed in the Class 6 Ages 7 to 9 group, rounding out the meet: Steven Lucia of Agawam captured a 9.1 score on the Still Rings; Kevin Dwyer of West Springfield and Jesse Hiller of Otis both scored 9.0 in vaulting; and Christopher Lucia of Agawam showed his best score in Parallel Bars.

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## Daggett's Girls Compete In Day Two Of Gymnastics Meet

On Sunday, December 5th, the final day of the John Hancock Invitational Women's Gymnastics Meet, Level 5 and 6 gymnasts gathered for competition.

Hosted by Thompson's Gymnastics of South Hadley at the Blake Arena on the Springfield College campus, this meet has become an established season-opener. A total of 139 athletes from 17 gyms in the New England and New York regions competed in two sessions.

In the first session, for large Level 5 teams, the events were subdivided into four age groups. Local gymnasts from Tim Daggett Gold Medal Gymnastics were led by Alicia and Katie Malloy, sisters from Feeding Hills, who captured first and second in All-Around scoring, respectively, in the 13 and over age group. Alicia took first place in the Uneven Bars event and seconds in Beam and Floor Exercise. Meanwhile, Katie took two firsts in Vault and Floor Exercise competitions.

Amber Higley of Suffield, CT, competing in the 11-12 age group, helped the team with her high All-Around score of 33.80, taking third place, followed by Rachel Foltz in 10th and Kristen Levesque.

In the 9-10 age group, Kerri Conway placed with an 8.3 on the Uneven Bars and a solid 32.15 in the All-Around. Younger sister Claire Conway competed in the 7-9 age group, also placing in the Uneven Bars and finishing third in her All-Around scoring.

Another Daggett gymnast, Natalie Saimeri of East Longmeadow, captured two seconds in Vault and Bars, and two thirds in Beam and Floor to finish second in the All-Around for the group.

In team scoring, the Daggett girls collected 165.05 points for third place, led by GTC of Framingham and Olympia Gymnastics of Brookfield, CT.

In the second session, the Level 6s squared off in four age groups. With the 12 and older group, another pair of sisters, Christie and Danielle Lee of Windsor Locks, CT, took second and third places in the All-Around with Christie's 8.35 in Beam and Danielle's 8.60 in Floor Exercise.

Julia Conway, the elder sibling of Kerri and Claire, placed in the Vault event, but was later held up with an ankle pain.

Three girls competed in the 10-11 year-old age group. Caitlin Ranstrom of Feeding Hills, who returned to the gym after healing a broken arm, placed first in Vault and seventh in the All-Around. She was followed by Mia Siameri of East Longmeadow with another strong Vault score of 8.85 and a ninth-place All-Around finish.

Also leading with a high 8.40 Vault score was Kimberly Denué of East Windsor, CT.

In the 7-9 year-old age group, another Daggett athlete, Jaime Basilone of West Springfield, took honors with a third place on the Beam and three first places in Floor Exercise, Vault, and Bars. Her final All-Around score was a high 33.40 points.

In team competition, the Level 6s from Daggett's accomplished second place with their combined 165.05 points; this was only led by American Gymnastics with 167.35 points.

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- Sudden severe headaches with no apparent cause.
- Unexplained dizziness, unsteadiness or sudden falls, especially along with any of the previous symptoms.

If you have any of the warning signs, don't wait! See a doctor right away!

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Contact the AHA's Stroke Connection at 1-800-553-6321.



## Outdoors New England

by Kent Servis  
Outdoor Writer

### Hmmm ... What To Give A Sporting Enthusiast For Christmas???

With only a few weeks to go until Christmas, it's time to start thinking (we all tend to procrastinate, I guess) about some of the gifts to give the sportsman or sportswoman in our lives.

With all good outdoor presents, there are some that are nice to have and some that are absolute necessities of life, and the enjoyment of same as guaranteed by the "Life, Liberty, and Pursuit of Happiness" clause.

On a more serious note, there are some really good products out there to make your time in the outdoors safer and more comfortable.

Orion Products has produced a signal survival kit that is designed to provide emergency survival signaling products, including aerial flares, space blanket, flashlight, etc. This emergency kit should be in every vehicle and hunting cabin. A small, belt-worn pouch can hold the day's necessary emergency supplies, while the main stash is left behind to provide refills, etc.

The good folks at Orion have really come up with a first-class emergency kit that should be part of your outdoor gear. It is reasonably priced and could literally save a life.

The makers of Bug Out outdoor wear have a new camo suit that is both comfortable and effective in preventing those pesky insects from driving you to distraction (Maine Black Fly Season included). The mesh is small enough to keep even the no-see-ums out while providing an effective camo pattern to stay concealed on the deer stand.

Ice fishermen can really get some use out of the PolarVision depthfinder by Strike Master. The flashlight-sized unit is designed to look through the ice and give accurate depth readings. Now your ice fisherman only needs to splash a little liquid on the ice, place the unit's transducer in the puddle, and press the button.

No more guesswork as to water depth or where the drop-offs are located. Let your fisherman take the mystery out of frozen water fishing! No more excuses for empty stringers this winter!

On a larger scale, there are many products that

every deserving sportsman should have at least one or two of.

HydraSports boats have teamed up with OMC and brought out their new Vector series of ocean and Great Lakes boats. These are sturdy craft that can stand up to the rigors of rough seas and salt-water fishing.

The nice folks at Triton have introduced the new 22-foot Bass boat — a big, wide, and roomy battlewagon with all the trimmings. This may be one of the best constructed bass boats on the market.

The upcoming Fun Vehicle and Power Boat show at The Big E in January promises to fill our nostrils with the smell of brand-spanking-new fiberglass — a sure way to get any fisherman's glands going!

Last but not least, your favorite sportsman will need a new 2000 license in order to hunt or fish after January 1st. Always a great investment!

#### DEER REPORT

Opening-day estimates of 2,000 to 2,500 deer harvested is an encouraging sign. Deer management biologists are hoping to keep the state's burgeoning deer population in check.

Without a near-record harvest this year, it will be a case of the population having reached a size where the reproductive rate far exceeds the harvest and extreme overpopulation will damage habitat and eventually lead to more serious consequences. Lack of tracking snow, coupled with unseasonably warm weather, may make for difficult hunting during the remainder of the season.

#### FISH REPORTS FRESH WATER

Mild temperatures continue to keep Valley waters open and ice-free. Slow presentations of deep-diving crankbaits and jig-and-pig combos can still produce some decent bass action in area lakes and ponds. The secret word is SLOW. Work areas slowly and thoroughly, as the lower water temps slow down the fishes' metabolism.

River anglers are scoring on some jumbo yellow perch in the Connecticut River at the mouth of the Chicopee River and the Westfield. Jigs tipped with pinhead shiners bounced along the bottom are scoring. When you do catch a perch, keep in touch with where the strike came from (as these fish are schooling) and when the school moves off, start casting in all directions until contact is made again.

#### SALT WATER

Winter cod fishing is in full swing with party boats targeting some of the larger cod of the year. Inshore grounds at this time of the year are holding some good-sized fish.

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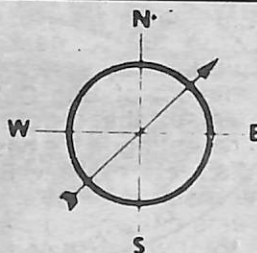
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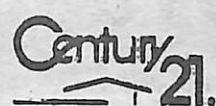
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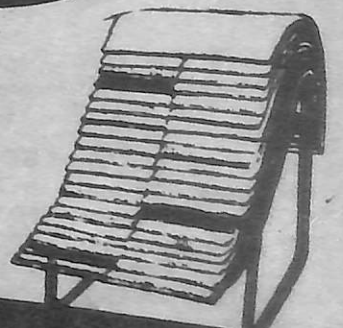
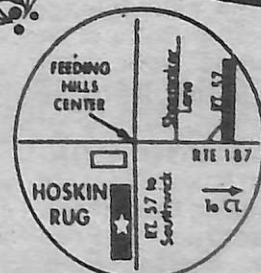
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